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# ISLAND TIMES

DECEMBER 2011

A community newspaper covering the islands of Casco Bay

FREE

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As Americans get heavier fewer of them can ride the ferry. New Coast Guard regs will lower the carrying capacity of older boats at the Bay Lines.  
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staff photo

**Holiday Edition** Once upon a time there was a season called winter, with temperatures so cold that rain fell in crystals called "snow". ABOVE: Christmas ornaments hung in the window at Coffee by Design on India Street in Portland, back when there was snow.

## Peaks Island Council fully elected

New councilors negotiate their first meeting at the MacVane Center

BY KEVIN ATTRA

Chair Rusty Foster welcomed the new councilors to their first meeting, saying he was excited to see a full table.

Eric Eaton agreed, "It's great that we can outnumber the audience." The meeting, held Wednesday, Nov. 30 at the MacVane Center, was attended by five people, including City Councilor Kevin Donoghue.

Mary Ann Mitchell, Richard Machlin, Scott Kelley, Rob Meharg and Michael Sylvester were sworn in on Saturday, Nov. 19 at the Inn on Peaks Island. All but Mitchell were write-in candidates.

According to Machlin, the Nov. 8 election was chaotic. "Certainly, the number of write-in candidates complicated the issue, but a lot of ballots apparently got thrown out."

Celeste Bridgford, who helped count ballots on Peaks Island, agreed. "It was a mess. People do not know how to vote a write-in." For example she said that in some cases Robin Clark, who was a write-in candidate for the Casco Bay Lines board, had been entered for the Island Council.

Further complicating the PIC vote was the fact that the write-ins were running for different terms, so the names were often entered in the wrong category. There was also some confusion about whether the candidate's address had to be included since all write-ins had to be registered with the city clerk before the election.

Machlin proposed that all terms should be reduced from three years to two, which the council unanimously approved.

The council elected officers - Foster remains as chairman, Scott Kelley vice-chair, Mike Sylvester treasurer and Eric Eaton secretary - and filled seats on four of five advisory committees with the city including the City Manager's office, the Portland Police Department and the Portland Jetport Noise Abatement



The new Peaks Island Council: (left to right) Chair Rusty Foster, Michael Sylvester, Eric Eaton, Richard Machlin, Mary Ann Mitchell and Scott Kelley. Not present Rob Meharg.

staff photo

#### Committee.

Foster said that airport director Paul Bradbury was very anxious to have representation from Peaks Island on the committee, as a proposed new flight path will cross the north end of Peaks Island.

Reportedly, Bradbury said jet noise would not be as loud on the island as it is on the mainland because the planes are at a higher altitude over the island. Resident Cheryl Meyer, who attended the council meeting, volunteered for the committee.

The PIC still needs a volunteer for the Neighborhood Advisory Committee which meets on the second Tuesday of the month at 5:00 p.m. in the City Manager's office.

According to councilor Scott Kelley, five or six people have complained that firefighters assigned to the island are often off the island for extended periods of time, leaving the one police officer alone to handle any emergencies that may arise.

Kelley said he spoke with Deputy Fire Chief David Pendleton who said that "is absolutely not true". According to Kelley the firefighters only leave twice a month for scheduled maintenance work on equipment on islands down the bay, as well as Cushing.

Kelley has also been investigating the lack of information being posted to the Peaks Island Police blog, which has not been updated since August. The Facebook blog was created in April in order to improve communication with

the community about police activity.

Kelley said he spoke with acting Police Chief Michael J. Sauschuck, who agreed that it isn't working, but couldn't suggest a solution, explaining that computer skills of the police officers varies widely.

Foster said that Facebook is not a good platform because many people don't use it, and the format is too casual to be used for official business. In addition, both he and Kelley felt the ability for the public to make comments, which sometimes have been inappropriate, has cooled the Department's interest in the site.

Both Foster and Machlin agreed to pursue the issue with Sauschuck.

In other news, the PIC will begin preparing the budget for next year, and plans to fund the same programs it did last year, especially the discounted annual and monthly boat passes. The \$25,000 allocated for those passes ran out in September.

The Children's Workshop was given a \$10,000 scholarship fund last year which kept six children in the preschool program, but

will probably not require as much this year under its new operating model as a pre-K facility.

The Island Institute held a meeting last month to get community ideas for a project that can be implemented by an Island Fellow (see story, page 2). The PIC discussed what the role it should have in the process, which requires that an organization act as representative for the community in applying for a Fellowship.

Island Fellows facilitate specific community-based improvement projects on Maine's coastal islands, and are placed according to the requirements of the project.

At this point there is no clear project emerging on Peaks Island, and Foster didn't feel the council should take a leadership role having itself no need for an Island Fellow.

However, Mary Ann Mitchell, who also attended the Institute meeting as a representative of the Peaks Island Environmental Action Team, said there are a number of environmental issues on the island that could be addressed, including investigation of contaminated sites on the island.

She said that she is aware of two Central Maine Power Company properties on the island that are contaminated, and wondered how many more exist. "Why don't we clean them up?"



The proposed flight path into Portland Jetport crosses Peaks near Evergreen.

image from Portland Jetport



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## Planning for Island Institute Fellow begins on Peaks

BY KEVIN ATTRA

Around 23 Peaks Island residents attended a meeting with Chris Wolff, the community service director for the Island Institute, Tuesday, Nov. 15 at the Brackett Memorial Church to begin planning the role of the next Island Fellow.

The Island Fellows Program, currently in its 13th year, has placed over 90 interns along the Maine coast, who serve a two-year term working with island communities to meet a variety of needs, ranging from economic development to health care, historical preservation, community planning, technology, education, zoning and more.

Peaks Island has hosted six in that period: Mary Terry & Brooke Brewer for HomeStart; Sarah (Hennessey) Curran & Michele Tranes for PILP; Nate Gray for PINA; and James Essex for the Peaks Information Exchange.

According to Wolff, the community should think of an Island Fellow as a two-year resource for a specific goal, whether it be grant writing, training community volunteers, completing a community project, or helping to create a job position.

Many of Peaks Island's nonprofit organizations were represented at the meeting, including the Health Center, the Children's Workshop, the Information Exchange, the Peaks Island Fund, PILP, the Fifth Maine Regiment, HomeStart, Energy & Tax Assistance, the Peaks Island Council, Peaks Island Environmental Action Team, the Lions Club and Friends of Peaks Island Library.

A topic that received considerable discussion was development of a community service center. As suggested by Ellen Mahoney, it would be "a real hub for community services", providing office space and equipment for small businesses, a commercial kitchen, art and performance space, and even a swimming pool — "That wasn't my idea, but it's been talked about for years," said Mahoney.

The Central Maine Power Company building on Island Avenue was suggested as a location, although many concerns were voiced about that.

"I've been on the island a long time, and I've heard that same idea go round and round," said Mary Anne Mitchell. "The site is too contaminated."

The project that seemed to get the most traction was to develop a new neighborhood plan with a survey of the needs in the community.

"Many of these project ideas need to be fleshed out further," Wolff concluded. She stressed the need for an organization and individual to take the lead on an Island Fellow application.



Chris Wolff of the Island Institute at a community meeting to discuss an Island Fellow placement on Peaks Island.

staff photo

"It is hoped that multiple organizations can come together on a greater project idea, and that multiple needs can be met with an Island Fellow placement," she wrote in a summary letter to the community after the meeting.

"It will be important to work through project ideas, prioritize, create a two-year work plan, and have a clear idea of goals and expectations."

The Institute will begin accepting proposals from the islands in January, with a deadline of early April, which should provide enough time for the community to develop a plan, designate which organizations will host the Island Fellow and ensure that there is broad support for the project.

Host organizations must contribute \$8,000 in matching funds for an Island Fellow placement. The Peaks Island Fund may be able to help with some of this match.

Wolff is planning to return to the island on Thursday, Dec. 6 to meet with the group again in order to determine what organization and individual will assume responsibility for the Fellow site application.

"Therefore, sometime before Dec. 6 the Peaks Island community should work together to identify the potential host organization/group, and the potential Fellow Advisor who will be the center of the spoke for the project and work with other organizations while helping to manage the Fellow's project and time," she wrote.

"The community should also try to identify ways to raise the \$8,000 matching fund requirement and establish year-round housing for the Island Fellow."

The meeting on Dec. 6 is planned from 6:00 p.m. to 7:30 p.m. Location to be determined. For further questions or to share ideas, please contact Chris Wolff at [cwolff@islandinstitute.org](mailto:cwolff@islandinstitute.org) or call (207) 712-8551.



Fort Gorges, oil on canvas by Jeanne O'Toole Hayman, on view at the Richard Boyd Gallery on Peaks Island through Dec. 31.

photo by Pamela Williamson



# At Casco Bay Lines

## National obesity crisis will affect operations

BY KEVIN ATTRA

Apparently, the national obesity crisis will have an impact on the operating expenses of the Casco Bay Lines. According to General Manager Hank Berg, the U.S. Coast Guard has had to adjust its method of calculating vessel capacity due an increased average weight of passengers from 145 lbs to 180 lbs.

As a result, the Bay Lines is facing an unexpected expense this year in order to have an engineering firm recalculate the capacities of the ferries based on the new weight.

According to board member Erno Bonebakker who seemed to be aware of the issue, the new regulation came about after a Canadian tour boat in Lake George tipped over, allegedly because everyone on board suddenly ran to one side of the boat.

In studying the cause of the accident, investigators realized that the average weight of the passengers had increased enough to affect the stability of the vessel.

The Machigonne and Aucocisco won't be affected by the new regulation as their capacities were figured based on 185 lbs, which was also used in designing the new Wabenaki, now planned for delivery in 2013.

Operations Manager Nicholas Mavodones Jr. said it will become an issue on the Romance and Maquoit next summer, but that in the meantime it will have no effect on service.

In other news, newly elected board member Roger Robinson was unable to attend the Casco Bay Island Transit District monthly board meeting on Thursday, Nov. 17 where the reelected board members Patrick Flynn and Scott Johnson were sworn in. Robinson will be sworn in later.

The official results of the Nov. 8 election gave incumbent Patrick Flynn the Peaks island seat over write-in candidate Robin Clark, 250-131. Scott Johnson held onto the Little Diamond seat in what Flynn called a landslide victory, having won all 22 of the votes cast as the only candidate, and Roger Robinson beat Kathleen Hoffner, 115-98, for Great Diamond.

The board also reappointed the current officers for the new term, with Flynn remaining as president, Frank Peretti and Scott Johnson as first- and second-vice presidents respectively, Bill Overlock

as treasurer, Dan Doane as clerk and Charles Burr, assistant clerk.

In his treasurers report, Overlock noted that there was a roughly \$11,000 shortfall for the month, which he attributed to less vehicle transportation than anticipated for Peaks Island.

On the other hand, the Public Utilities Commission is reportedly poised to deny the petition against the 40 cent fare increase implemented in October without further action from the CBITD, which will save the District nearly \$10,000 in legal fees, according to Overlock.

Currently, the Bay Lines and City have been in negotiations concerning a portion of a maintenance fund for the garage that the city has collected as part of its ownership of the terminal.

According to Overlock, talks began in 2006 over the definition of "net revenue", which is what the fund is based on, and said it looks like the city owes the Bay Lines money from previous years. The actual amount is still being negotiated but is reported to be over six figures.

As promised at the October board meeting, a power-operated entry door was installed at the terminal in order to allow easier access to handicapped persons. It is located on the water side of the building nearest the parking garage.

This is a stop-gap measure until the terminal building gets fully renovated, at which point more extensive handicap access may be required. An engineering and construction team has been selected for the renovation project, and the District is now pursuing a cost estimate for the work, according to Berg.

The CBITD board is looking for volunteers to sit on the various committees, which include developing rate structure and operations of the ferry service. If you are interested, please contact Patrick Flynn at [ptf@portlandmaine.gov](mailto:ptf@portlandmaine.gov).

*CBITD board meeting Thursday Nov 17* Attending: AJ Alves, Erno Bonebakker, Scott Johnson, Patrick Flynn, Dan Doane, Charles Burr, Frank Peretti and Dave Crowley, with Sue Moreau and Bill Overlock by teleconference. Staff present: Hank Berg, Nicholas Mavodones, Jr., Caitlin Gildart, Barbara Sawtelle, Kristen Higham and Roki Horr. Mac McCone and Rand Gee in audience.

## News Briefs

COMPILED BY KEVIN ATTRA

### Peaks Island author has new novel

Eleanor Morse recently received an offer from Penguin Books to publish her latest novel, *White Dog Fell from the Sky*. The Peaks island author heard from the company on Oct. 21. Kathryn Court, president of Penguin, will be the editor.

The story takes place in Botswana in southern Africa during the late 1970's, when apartheid still had its grip over the black population of South Africa. The novel begins when a young political refugee from South Africa flees over the border. The two other major characters in the book are an American woman anthropologist and a high risk-taking British researcher interested in the cosmology of Bushman rock paintings.

The book will come out in hardcover through Viking, and paperback through Penguin. A publication date has not been set yet.

### Running water for Community Garden

The Peaks Island Community Garden team is looking to install a seasonal water line to the garden in Trott-Littlejohn park to replace the 600-gallon water tank it currently uses to irrigate the 20 plots under cultivation.

In early October Jubal Kessler and Sam Saltonstall submitted a letter to Troy Moon, manager of environmental programs and open space for Portland Public Services, explaining that the water tank had low water pressure making irrigation of the gardens a long, slow process.

In addition, the tank is refilled at the discretion of the fire department which, in at least one instance, has conflicted with the needs of the firefighters and the gardeners.

According to Kessler, Moon said he would include the letter in the budget discussions for fiscal year 2012. Kessler

also investigated excavation costs and Portland Water District connection and metering fees for the project, which he said amounted to roughly \$5,000.

"Hopefully the City will pay for the bulk of the work," he wrote in an e-mail to the Community Garden team. "The City did say they would pay for yearly meter fees (e.g. the monthly usage bill) and the meter installation fee."

The group will continue to have use of the tank for irrigation, and the island fire department will keep refilling as needed.

In late November Kessler ran into the City Arborist Jeff Tarling, who had been at Trott-Littlejohn Park photographing trees to plan maintenance work there. "Jeff said they're still working on the budget and are definitely considering our request," Kessler wrote to the Community Garden group. "That we work hard on our community garden is evident to him, and to others in the city government. So ... a pat on the back for all of us."

### Rideout's latest album up for award

Harlaw, the latest album by renowned Celtic fiddler Bonnie Rideout of Cliff Island, has been nominated for album of the year in the MG ALBA Scots Trad Awards. The winner will be announced on Dec. 3.

Ms. Rideout is the only American to hold the honor of representing Scottish fiddle music at the prestigious Edinburgh International Festival. She is the first woman to hold the national Scottish fiddle title and the youngest to have garnered the U.S. Championship, winning it for three consecutive years. Bonnie discontinued competing to become an adjudicator and professional recording artist and has maintained a consistently high profile in the international Celtic music scene for almost 30 years. Her family has been a part of the Cliff Island summer community for over 100 years.

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<b>Tuesday:</b>	8:30 AM	<b>Exploding Jukebox</b> with Katzie Louise - No tired music allowed!
	8:30 PM	<b>Sound Contrapositive</b> with Eric- Americana and more
<b>Wednesday:</b>	8:30 AM	<b>Blue Country</b> - Bluegrass! with Blizzard Bob
	10:30 AM	<b>Crossfade</b> -Around the world with musical tour guide Barb
<b>Thursday:</b>	8:30 AM	<b>Wheeeedoggies</b> -DJ Dale digs American music! And talks to Mama.
	10:30 AM	<b>Kitchen Party</b> with Ceci-The drive, twang & heartbreak of American music, lots of mando
<b>Friday:</b>	8:30 AM	<b>Us Folk</b> with Chris-Live national, regional and local musicians, in studio and on phone. Latest releases, as well as the classics!
<b>Saturday:</b>	3:00 PM	<b>Get Hot or Go Home</b> Rockabilly with Matt: the wild and woolly host who defies description:

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## POLICE LOG October 2011

Provided by the Portland Police Department

Time	Date	Description	Location
20:05	1	Check Well Being	Island Av
20:47	3	911 Hang Up Calls	Sterling St
23:54	7	911 Hang Up Calls	Welch St
17:56	9	Audible Alarm	Pleasant Av
14:54	10	Suspicious Activity	New Island Av
21:15	15	911 Hang Up Calls	Welch St
15:13	17	Harassment	Adams St
16:37	17	Follow Up	Central Av
17:16	18	Bias Incident	Pleasant Av
20:47	20	Theft	Luther St
03:06	21	Assist Fire Dept	New Island Av
11:03	21	Fraud	Island Av
12:23	23	Check Well Being	Central Av
12:26	23	Attempt To Locate	Peaks Island
08:13	26	Burglary	Central Av
10:25	26	Suspicious Activity	Oakland Av
18:10	26	Person(S) Refusing	Island Av
06:46	28	911 Hang Up Calls	Island Av
14:21	28	Follow Up	Central Av
15:31	28	Criminal Mischief	Oak Lawn Av
12:10	31	Criminal Mischief	City Point Rd
13:20	31	Civil Complaint	Luther St
14:10	31	Serving Paperwork	Central Av

Count 23

Rec'd Nov. 18

## POLICE LOG November 2011

Provided by the Portland Police Department

Time	Date	Location	Description
03:26	1	Island Av	Alarm/Burglary
14:21	1	Crescent Av	Check Well Being
10:32	2	Whaleback Rd	Serving Paperwork
16:08	2	Welch St	Criminal Mischief
21:45	3	Central Av	911 Hang Up Calls
09:39	4	Third St	911 Hang Up Calls
11:05	6	Adams St	Check Well Being
00:03	7	Peaks Island	Persons Bothering
12:01	7	Adams St	Check Well Being
23:31	7	Ocean St	Assist Other Agency/General
09:04	8	Island Av	Check Well Being
13:14	10	Peaks Island	Behavioral Health
23:59	10	Elizabeth St	911 Hang Up Calls
05:59	12	Island Av	911 Hang Up Calls
09:43	13	Herman Av	Open Door/Window
20:04	14	Island Av	Check Well Being
10:33	16	Seashore Av	Animal Complaint
11:51	19	Island Av	Burglary
13:21	19	Whaleback Rd	Serving Paperwork
21:26	19	Third St	Domestic Dispute
00:39	20	Upper A St	Message Delivery
14:34	20	Upper A St	Open Door/Window
21:06	20	Island Av	Check Well Being
12:36	21	Peaks Island	Check Well Being
11:34	22	Peaks Island	Check Well Being
12:12	22	Island Av	Serving Paperwork
12:16	22	Island Av	Serving Paperwork
20:05	22	Peaks Island	Suspicious Activity
18:24	23	Herman Av	Criminal Trespass
10:11	24	Upper A St	Burglary To Motor Vehicle
13:59	24	Whaleback Rd	Keep The Peace
17:01	24	Island Av	Investigation
17:45	24	Island Av	Behavioral Health
00:31	28	Peaks Island	Home Invasion
10:29	28	Central Av	Burglary Residential
18:02	28	Island Av	Threat/Terrorizing
00:04	29	Upper A St	Assist Fire Dept
14:20	29	Central Av	Follow Up
15:44	29	Central Av	Follow Up
16:26	29	Upper A St	Arrest

Count 40

Rec'd Nov 29

## An interview with Mayor-elect Michael Brennan



[Peaks Island resident Rita Kissen spoke with Mr. Brennan about his intentions as a mayoral candidate prior to his victory in November. In the interest of fair reporting we did not print this last month since he was the only candidate of the 15 in the race who was interviewed for the paper.

However, we feel that as mayor-elect the statements he made on the campaign trail are significant. He will be inaugurated on Dec. 5.]

### INTERVIEWED BY RITA KISSEN

Kissen: I'd like to start off by asking you how you think Peaks Island will benefit from having an elected mayor.

Brennan: An elected mayor is going to have to be responsive to all parts of Portland and the islands. If I were an elected mayor I would respond personally to questions from people on Peaks Island. It might not be all the answers everybody wants but there would be an expectation that you get a response. And I would make every effort to be out on Peaks Island as well as the other islands on a regular basis.

One of the issues we talk about a lot: the high costs and inefficient management of the ferry. The city subsidizes the city buses, and the ferry is our bus.

I'd like to figure out a way to have the state be more equitable in terms of its support for the ferry within Casco Bay. It would seem fair to me that we would treat the ferry in the same way that we treat buses because it is your mode of transportation.

## Keepin' the Wheels Rollin'

BY RAND GEE

Currently the mission of the Peaks Island taxi is to provide professional, safe, courteous and reliable transportation for residents of the island regardless of their ability to pay, to get folks to and from the Forest City landing on time, and to promote and serve island businesses.

We have paid particular attention to the needs of seniors, the handicapped and those without transportation or those on fixed incomes who cannot afford other means of transportation. Our "Pay-What-You-Can" policy is still in place even though the recommended \$5 fare is desperately needed.

As you probably know, one of our island police officers was replaced by a firefighter, which means that in dangerous situations our one police officer has to wait for backup from the mainland.

I would sit down and talk with the police, I'd talk to you, and I'd try to figure out a way that we could move some resources around to address that need at the highest time.

In conclusion, Mike: why should people on Peaks Island vote for you?

I've spent some real time representing the islands, all the way back to early 2002 when I was first elected to the Senate—I represented Long Island as well as the islands of Portland. I do understand that there's an island life, and people choose to live on the island because of certain cultural issues, certain lifestyle issues. I want to do everything I can to make sure that you get the services you deserve, and that you have a voice with City Hall. There aren't too many places in the United States that have a mainland community that people really like and islands that are associated with that community that are really wonderful places for people to go. I appreciate that and I understand that, and I want to make sure that everybody else in Portland appreciates and understands that too.

We have an operating budget of about \$14,800 and a revenue of around \$8,000. In particular our fuel costs are \$700 a month, and maintenance and insurance costs continue to rise which keeps us in a fund-raising mode. All of you have been very generous.

As we begin 2012 we want to determine how to best shape the business. We'd like to have your opinions and insight to enhance our planning, and have created a brief survey for that purpose. Please take a few minutes to give us your ideas at <https://www.surveymonkey.com/s/peakstaxi>. Your feedback is strictly confidential. The board will review the results in late January and then contact you in March with a plan.



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# Peaks Island Experience

## The Spirit of Christmas Past

BY JERRY GARMAN

Marty Braun's Christmas card created the best picture of a gift-laden, scarf-flying, pants-tucked-into-his-sock, ever-cycling Albert Ventres. Except for a tour in World War II as a pilot, he spent most of his 84 years on the island until his untimely death in 2004.



image by Marty Braun

load of bulging, clinking, slurping, clanking, gurgling containers toward his Prince Avenue home. It would be his fuel for the winter.

**AS THE PROVIDER:** Albert always stopped and watched my annual repair of a 75-year-old blue, wooden wheelbarrow. As a child, my late wife, Fay, was given rides in it by her grandfather. I told Albert that the wooden-spoked wheel was finally beyond my ability to repair. He said that I should follow him to his Island Avenue house. There he offered me the choice of three new steel rimmed wooden-spoked wheels. Albert's wheel, now attached to a completely rebuilt blue wheelbarrow, can be seen each spring in my garden.

**AS THE ATHLETE:** Albert has walked and pedaled his bike more miles than any other islander. In good weather he would bike to and from Gorham. On bad days he would ask me for a ride to Westbrook. Our walk to DiMillo's parking lot started at a very steady pace. Each day we took larger steps and continued at an accelerated pace. Finally after two months he asked me why I walked so fast. I replied that I was trying to keep up with him. We both laughed but never changed our pace.

**AS THE GIVER:** Unexpectedly, you might find on your doorstep a small bag of apples or pears from his cold cellar, a box of blueberries or blackberries or perhaps a small piece of honeycomb. You knew that something you did or said met with his approval and he reached out with his personal gifts to thank you.

I can easily recapture a vision of this gentle man and I still miss him; especially during the holiday season. Sometimes on a quiet night I imagine hearing his bicycle tires on Trefethen Avenue, heading home. In the morning I slowly open my back door hoping once again to find one of his lovely gifts. Although disappointed, I still look toward his old house and silently wish him a Merry Christmas.

were capturing moments in our minds so that we could have inspiration for our creations. After that we went back to the Community Room to make and write our post cards. While busy at work Gabriel (age 10) said, "every moment was my moment." Across the table Calder's Dad Craig said, "My favorite moment was when Calder and Miles found the skate park and were running around on it." After the workshop, participants put their finished products in the mailbox at the post office and the families from off island headed to the boat. What a great surprise it will be for anybody who gets a postcard from Peaks in the mail.

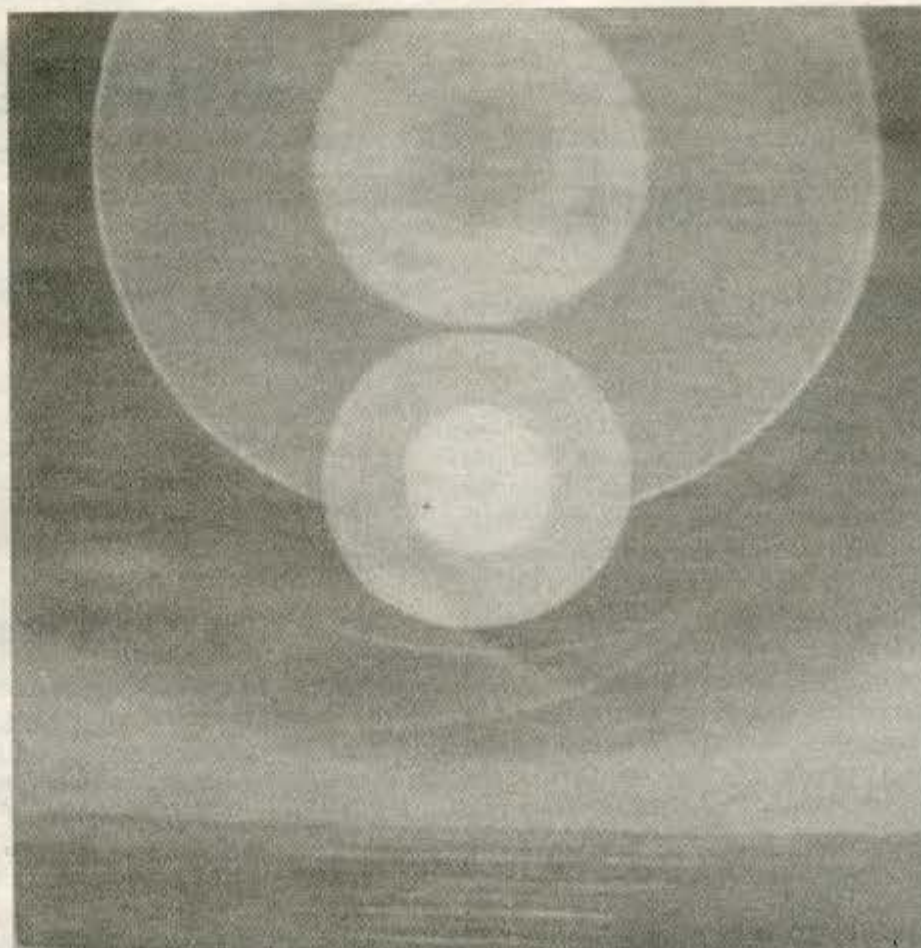
## Postcards from Peaks

BY ILO HOLDRIDGE

GRADE THREE

AGE 8

The Telling Room is a community writing center in Portland. The Telling Room has been doing something very creative. Recently they organized a workshop on Peaks Island for Dads and kids from the Greater Portland area. This very particular workshop was about making and writing postcards. When we walked around the island we



Geometric seascape by Nancy Clark, now showing at the Dodwell Gallery on Long Island through January. Artist reception Saturday, Dec. 17 at 1 p.m.  
photo by Maggie Carle

## Charles Wakefield's future looking bright

BY CLAUDIA WHITMAN

National Death Row Assistance Network gives support at every level to people facing the death penalty and life sentences. Charles Wakefield served 35 years for a crime he did not commit. Exoneration was not available to him because of the politics of his case.

Many of you met Charles last summer when he came to Peaks Island to attend the NDRAN board of directors meeting. During a presentation at Brackett Church, Charles spoke about the difficulties he has encountered since being paroled over a year ago:

Finding a place to live with no money, no previous address, no credit rating and a felony on [his] record; learning to drive and obtain a vehicle; getting a cell phone and computer skills up to a functional level; and hardest of all, securing employment with a criminal record.

All are almost insurmountable hurdles. The background check is a deal-killer every time, and if that doesn't get you the lack of a credit rating will.

NDRAN has supported Charles' quest



Charles Wakefield with Claudia Whitman at her house on Peaks Island last August.

staff photo

for a life in the free world [since] his first contact 14-plus years ago. Thanks to one of our wonderful donors who had a job opening, Charles began work in maintenance at a large complex in Charlotte, N.C. in early October.

He loves the job and loves the people, and not only is it a real job, it has benefits.

NDRAN is a 501(c)(3) corporation and relies on donations to serve its clients. You can mail contributions to NDRAN, PO Box 758, Mancos, CO 81328.

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# Island Views

## Letters

### Regarding an ant-Semitic incident on Peaks:

It is brave for Chris Callow to admit his wrong-doing and to start to take responsibility for his actions. I do not know him personally, but I hope his actions do not stop there. He needs help and needs to learn how to manage his anger and to learn it is not OK to slander a whole race. Why is it that his anger and unhappiness about something, apparently unrelated to the victim, should result in yet another anti-Semitic incident? Why is it that an angry person can lash out against the Jewish population? Because when one anti-Semitic remark is made, even in an isolated incident or even if directed towards just one person, it hurts the whole Jewish community.

Why is it acceptable to some that in an angry moment, or in a drunken rage (e.g., Mel Gibson), it can feel natural to let loose with anti-Semitic remarks? And maybe an apology comes later. But how can some people even have these hateful words on the tip of their tongue, at the ready to be spilled out in an unguarded moment? How can some people hold these hateful feelings in their heart, and then rip them out for others to hear? Where does this come from?

It saddens and angers me every time I hear of another racial slur, another spray-painted abomination, another act of hatred against any race or culture. It saddens and frightens me even more when it's in my own back yard. Many of us living on Peaks feel we are safer here, more protected, and share with our neighbors a sense of community and togetherness, no matter our religious or cultural background, no matter our sexual preference. But it is an incident like this that hits me like a cold bucket of water in my face.

And to those of you who supposedly threatened vandalism against the person you thought was responsible before Callow stepped forward, shame on you. Would that have helped? Would that have educated the person? Would that have helped him to understand and sympathize? What would have been gained? Let's be better than that.

Elizabeth Buchsbaum  
Peaks Island

Even though we reside in Philadelphia during the "teaching months", we knew of this incident, and appreciate the very thoughtful explanation of how it evolved.

Michael Moore.

\* \* \* \* \*

Kevin

Thank you for publishing Jamie Hogan's photo of the 'Occupy Welch St.' event in the November issue of the Island Times. However, I would like to correct an unintended error in the caption. The soup was proudly made that Saturday by Roxanne at Hannigan's and not by the Peaks Cafe. One whiff of the Creamed Squash

creation warmed passers-by to the concept of getting involved in the Occupy Movement. Support local chefs - invite their soups and other goodies to occupy your belly for the holidays!

Susan Hiester Webster  
Peaks Island

### Peaks Island Tax & Energy Assistance

When a group of islanders got together to form Peaks Island Tax Assistance in May of 2005 in response to the large increase in property taxes we thought our tenure would be short-lived. Our first article noted our purpose: "Our mission is to assist island residents to remain in their homes despite extraordinary tax increases."

As we enter this season of peace and goodwill we are reminded that now and then some of our neighbors and friends still need a little assistance with their property taxes or energy bills. Some people have left the program while others have found that the slow economic recovery has made it difficult to pay their full property taxes or to pay for energy. The partial tax payments and \$300 energy assistance contributions that we offer do make a difference.

Applications for assistance, which is administered by the island clergy, are on the bulletin board of the library. The clergy are very responsive to your needs and will help you. The directions for applying are included and all information is confidential. Please notify the clergy as soon as you receive the fuel so that our payment can be made as soon as possible, and since the fuel providers are asking for cash, they also need to be notified that you are receiving funds from us.

For CMP assistance, please send along a copy of your bill, name deleted, so that we can pay the bill through your account number. If the need arises, you may apply again through your clergy. Please use the same clergy for all applications.

Islanders had a chance to vote for their entry in the Caterpillar truck contest and we did. Lionel Plant Associates won, which means that \$2,100 will be used to help Energy Assistance. We are grateful for their continued support.

Once again the Lions Club gave a \$500 grant for Tax Assistance and one for Energy Assistance. It is the hard work of all the members at their lobster bakes that enables them to do this, and we thank them so much for their help for us and for the other island groups they help as well. The Lions are exceedingly generous!

Every personal or matching fund donation, every fund raising dollar, and all of the Market America money is used for assistance.

Cynthia Pedlikin  
Peaks Island

### from Congresswoman Chellie Pingree

#### Honoring our Veterans

As we celebrate the veterans who have given such incredible and important service to our country this month, I wanted to pass along a story that represents why I think Maine veterans are so honorable.

I've known 93-year-old Thomaston resident Ben Harding for about 20 years now. I met him when he introduced me at my first speaking event as a State Senator representing Knox County. Since then I've bumped into him numerous times and each time would catch up on news about his church, where he's sat in the same pew for 90 years, the cement plant where he worked for 33 years, or the latest goings on in Thomaston.

But what he didn't say much about was his time in World War II. He served as an officer in the Naval Armed Guard aboard Liberty Ships — the same type of cargo ships made in South Portland. He participated in the D-Day invasion off Utah Beach, sailed in the Mediterranean Theatre, and, in the last days of the war, shipped out to the Pacific, loaded with bombs for a possible invasion of Japan.

It wasn't until recently that Ben mentioned to me that he'd never received medals for his service. It was an honor to be able to help him recover the four medals he was due and award them to him at the Thomaston American Legion Post in October as friends and family looked on (photo below).



A question stuck in my mind, however. How could Ben go 60 years without trying to get proper recognition for his bravery, sacrifice, and service? You would think he would have spoken up after at least 40 years! But then I remembered my conversations with other WWII veterans to whom I've had the privilege of awarding medals. For them, being recognized for playing a part in history was secondary to their prime sentiment: "I was just doing a job."

This incredible humility is one of the reasons I have such a respect for Maine veterans. We come from a state where so many have served that if you meet anyone here in Maine — could be a hardware store clerk or your child's baseball coach — the chances are good that he or she is a veteran. But you may never know it. You may never know the sacrifices they made, the months spent away from their families, the friends they've lost. Because they didn't serve for the medals or the recognition. To them, they were just doing a job.

Well, to the veterans out there, I say you're more than just people who did a job. You're heroes in every sense of the word. You're symbols of selflessness, bravery, and patriotism. You're due all the medals and all the benefits you've earned. More than that, you deserve our extreme gratitude and appreciation for your service, on Veterans Day and every day.

And for goodness sake, if you never received your medals, please pipe up and call my office! It would be a privilege to do my job of serving you. If you have any questions or issues with veterans' benefits, please call my office at (207) 774-5019.

Congresswoman Chellie Pingree represents Maine's 1st District in the U.S. House of Representatives. Contact her at (207) 774-5019 or at [www.pingree.house.gov/contact](http://www.pingree.house.gov/contact).

## ISLAND TIMES

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## YOGA FOR LIFE

### A yogic perspective on health and simple living

BY REBECCA JOHANNA STEPHANS

Rebecca Johanna Stephans teaches yoga on Peaks Island and in Portland. You may direct your comments, inquiries, or column ideas to 207-776-5547 or rebecca.stephans@gmail.com.

*This is my last column in the Island Times for now. I intend to turn my writing energy towards an ambitious project. By the end of this year I hope to have a web site on line, so look for that in January. And I have a correction from last month's column: Dr. Virginia Shapiro is a chiropractor, not an acupuncturist.*

As the daylight hours decrease, the temperature drops, and holiday stress comes calling, how will you sustain balance and keep an open heart? If you welcome winter and enjoy the holidays – lucky you! – perhaps there are other situations beyond your control that cause your heart to clench in fear or bring you to your knees with dread. My favorite antidotes to dread and fear are acceptance and love.

I write and teach primarily from the perspective of yoga wisdom, but my spiritual journey has been quite eclectic and I have teachers from many traditions. One of those teachers is Desi Larson, the minister at Brackett Church on Peaks Island. Rev. Larson introduced me to the phrase, “being a means of grace”, and offered her understanding of the concept of blocking grace.

Through these explorations of grace, we discovered one of many similarities between the core teachings of yoga and Christianity. The commandment that occurs most frequently in the Christian bible is, “Fear not”. Fear is understood to be one of the conditions that blocks grace. The Yoga Sutras name fear as one of the four root causes of suffering, and a major obstacle to liberation and vitality.

Entire books have been written on grace and, even so, attempts to define grace often seem flat compared to the wonder they are trying to portray. For our purposes here, please consider grace as an energy source available to

every living being, and that receiving grace feels like being filled with sweetness, free flowing energy, and an abiding love and trust of life.

Imagine that you have decided to collect rainwater to use for your gardening and washing, so you rig up a gutter system that feeds into a rain barrel. Your collection and use of the rain does not deprive anyone else of water, and you will receive just as much rain as your whole region. This is an imperfect metaphor, because rain can be scarce at times and grace is an unlimited, renewable resource, but please bear with me.

For a while your system works flawlessly, and your rain barrel fills to the point that you begin to share water with your neighbors. But then, in a place where there is a tricky roof angle, a section of gutter becomes misaligned in a storm and some of the water is lost. With less water flowing through, debris builds up more quickly and soon there is a blockage that only allows a bit of murky water to flow into the barrel. At this point, you have a choice. You can curse your bad luck, or get up on a ladder, fix the misalignment, and clear the debris.

When we trust that more rain will come we share the water, even if the barrel is not overflowing. That trust and sharing is how I understand being a means of grace. When we are afraid we enter a primal, reactive state that by its very nature blocks energy flow just like the debris in the gutter. That blockage feeds the fear, and we respond by carefully guarding whatever resources we have.

Yoga practice invites a balance of willfulness and surrender. On the yoga mat, we engage in willful yoga postures, and then pause and soften to let the energy flow through. Willfulness is like the work of constructing and maintaining the system that collects the rain. Surrender is the process of receiving and using the water. One step is incomplete without the other, and combining the two leads to transformation.

Winter and the holidays are on their way. In the physical body, the energy pattern of fear stimulates a strong contraction, which in turn leads to

decreases in breath, circulation and mobility, which – guess what – makes you colder! In the energy body, the feeling of dread erects a barrier that prevents the flow of vitality, love and grace that in turn leads to a feeling of despair and isolation.

It is not easy to trust in abundance when you are afraid. It is not easy to share your rainwater when your barrel is almost empty. It is hard to get out the ladder and climb up to fix the gutter when you are flat out exhausted. And yet, that is exactly what yoga and Christianity ask of us. The very moment when we are most afraid and most depleted is exactly when we are called to soften, open, receive, and give.

As a bicycle commuter to Freeport for the past six months, I shared the road with thousands of drivers of vehicles. Early on, I noticed that in my fear of the harm they could cause me, I was developing an adversarial relationship with those drivers. My bicycle seat became the equivalent of a meditation cushion or a yoga mat. I put my same body on my same bicycle and traveled the exact same route day after day. That kind of repetition invites the possibility of an awakening.

I came to realize that I was judging the drivers for their haste, criticizing their maneuvering techniques, and despairing at their excessive use of fossil fuels. I love bicycling, but I was missing the ride by focusing on my resentment of my fellow travelers. At that point I had a choice. I could nurse my grudge, thus blocking grace, or get up on the proverbial ladder and clean out the gutters.

Being who I am, I chose the ladder. I developed a mantra that I repeated over and over, mile after mile: “I am your sister; my joy is your joy; my suffering is your suffering. You are my neighbor; your joy is my joy; your

suffering is my suffering.”

Alternately, I repeated a simple version of loving-kindness meditation: “May all beings be happy; may all beings be safe; may all beings, everywhere, be free.” Without any change in the habits of the drivers, my ride became a joyous part of every day.

As regular readers have noticed, I think in pictures and stories. I would like to leave you with two images that often help me understand where I am stuck and how I can move toward freedom. They are the maze, representing obstacles and the labyrinth, representing grace.

A maze has a beginning and an end, with many wrong turns and dead ends in the process. Sometimes life feels just like that – one big struggle between birth and death interspersed with brief periods of ease that are hard to enjoy because you know the next obstacle is looming.

In a labyrinth, the beginning and end are the same, with one continuous flowing path seamlessly guiding the journeyer into the center and back out again. Labyrinths have been created all over the world to offer a meditative walk and a tangible experience of grace. Once you have walked a labyrinth, you will never experience life in quite the same way again. And once you have experienced even one moment of grace, you will know what is possible. Even though you may occasionally forget, that knowing will never leave you.

I have not yet met a single being who lives in perfect harmony with all that is. I suspect that even our most gifted, beloved teachers have cycles of forgetting and remembering. That's what practice is for: not attaining perfection, but creating a reliable means of returning to center and opening to grace.

## The World Has Changed

by Alice Walker

The world has changed:  
Wake up & smell  
the possibility.  
The world  
has changed:  
It did not  
change  
without  
your prayers  
without  
your faith  
without  
your determination  
to believe  
in liberation  
& kindness;  
without  
your dancing  
through the years  
that had  
no beat.

The world has changed:  
It did not  
change  
without  
your numbers  
your fierce love  
of self  
& cosmos  
it did not

change  
without  
your strength.

The world has  
changed:  
Wake up!  
Give yourself  
the gift  
of a new  
day.

The world has changed:  
This does not mean  
you were never  
hurt.

The world  
has changed:  
Rise!  
Yes  
& shine!  
Resist the siren  
call  
of  
disbelief.

The world has changed:  
Don't let  
yourself  
remain  
asleep  
to  
it.



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Rebecca Johanna Stephans has been a Kripalu-Certified Yoga Teacher since 1994. She has 24 years experience in the healing arts.



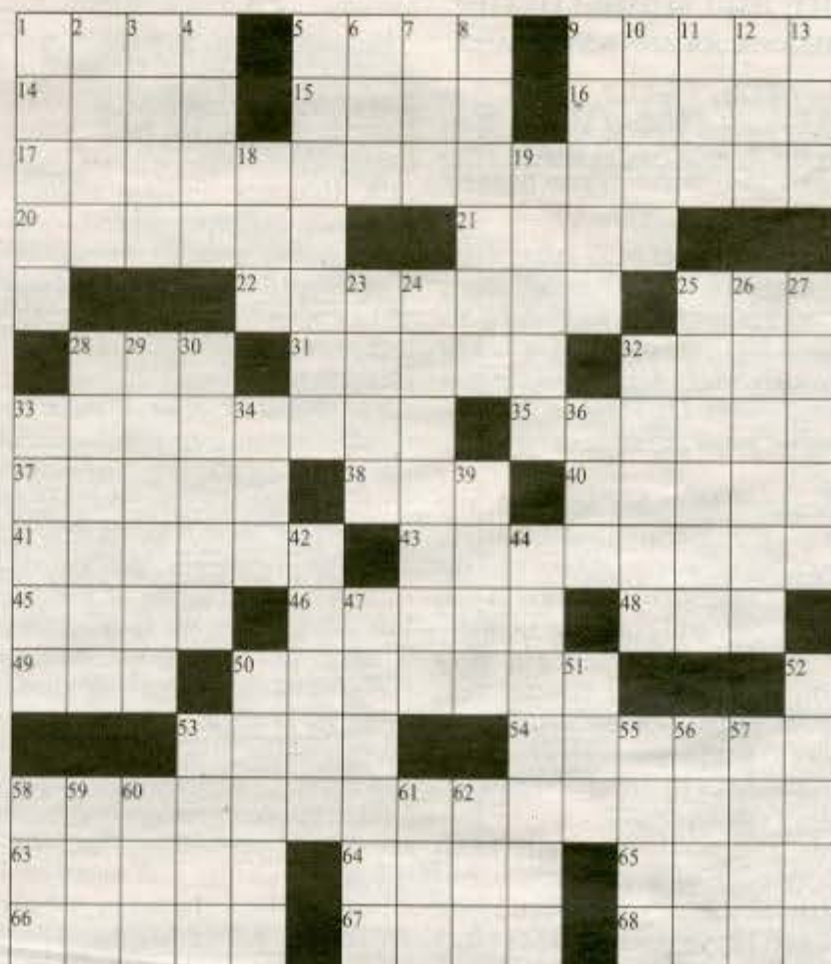
## ACROSS

1. \_\_\_\_\_ a Rainbow (1967)
5. Ship or bicycle part
9. Tornado cliché
14. Swiss river
15. Skin
16. Perfume brand
17. First Lady of drag racing
20. Palm of sorts
21. Cheerio!
22. Skirt
25. License to drill
28. T.S. Eliot, e.g.
31. Lacks
32. I smell \_\_\_\_\_
33. Lake in the clouds
35. Pie or roll
37. "Casablanca" actor
38. \_\_\_\_\_ Missouri
40. Juan Trippe's airline
41. Like an O. Henry story
43. Performer at Bill Clinton's 65th
45. Free \_\_\_\_\_
46. Christopher \_\_\_\_\_
48. Follower of Joseph
49. Dar es Salaam from Timbuktu
50. Reflexive pronoun
53. Homestead's county
54. Think
58. Brutal dictator (20th C.)
63. Parasol's purpose
64. Small boy
65. Jesus' grandmother
66. "Get Your \_\_\_\_\_ Out" (1970)
67. Oracle
68. Fasteners

## DOWN

1. \_\_\_\_\_ Coeur
2. See 30 Down
3. Part of QED
4. Protestants, once
5. Preceded Hendrix at Woodstock
6. \_\_\_\_\_ Cratchit
7. College address
8. Fondue
9. English Antarctic hero
10. Mid-Atlantic store chain
11. Massachusetts cape
12. Kind of hold
13. Informal greeting
18. Crone
19. Tango in Paris
23. Received in Nice
24. Dread disease worldwide
25. Anti-Vietnam War priest
26. Injury
27. Body opening
28. Wedding accessories
29. Idle, useless
30. Followed by 2 Down, Hiawatha's lover
32. Japanese flagship at Pearl Harbor
33. MLB team (nickname)
34. Popular TV show
36. Mole
39. Baseball and hockey statistic
42. Belief set
44. Rescue
47. Builds
50. Greek god

## Baby Talk - by Anna Tierney



51. Health org.
52. Greek goddess
53. Duchamp's movement
55. Spirit
56. First people of Japan
57. Circus venue

58. \_\_\_\_\_ops
59. Eureka!
60. Compensate
61. Change color
62. Mus. instr.



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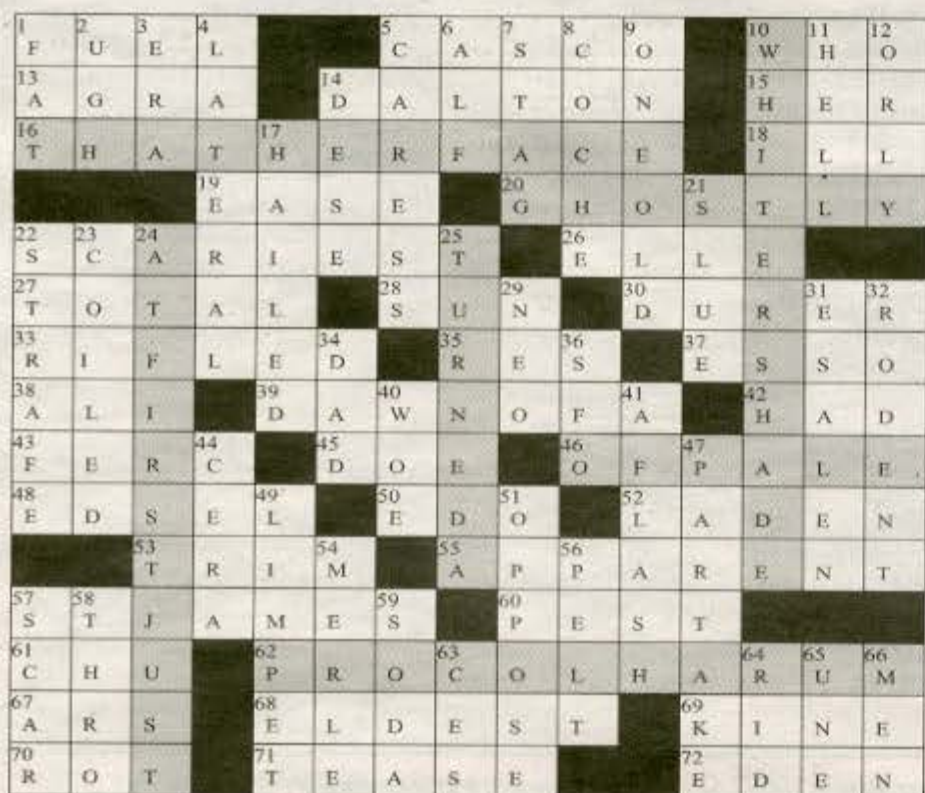
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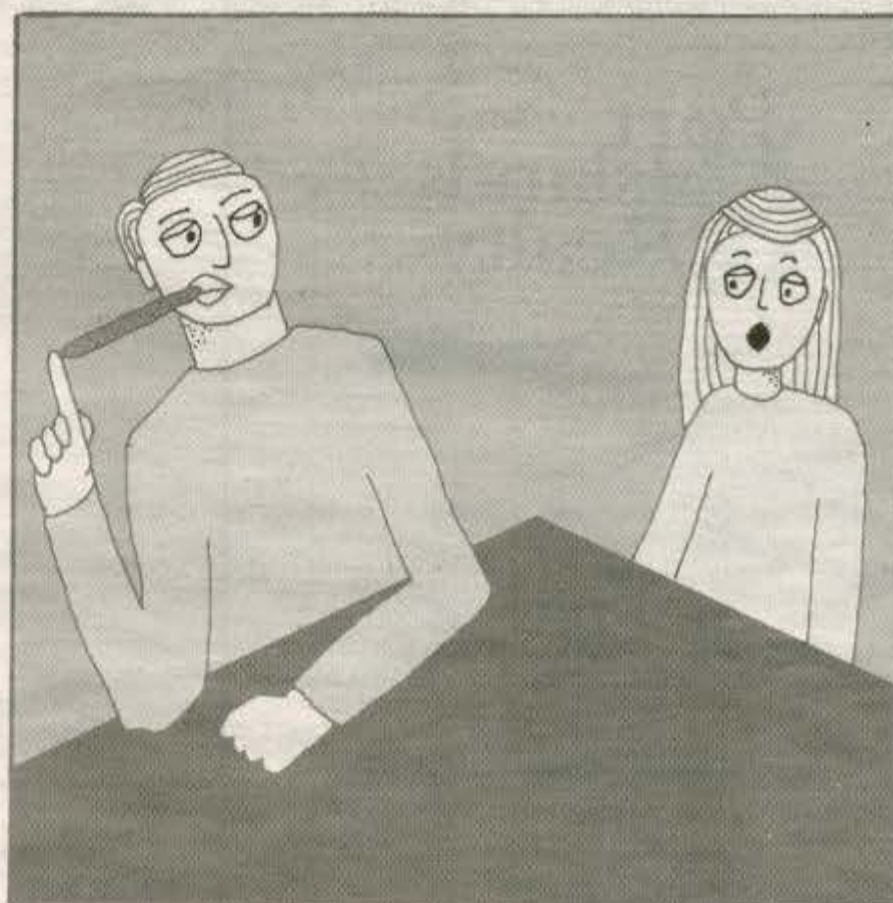
## SOLUTION TO LAST MONTH'S PUZZLE



**brio**

by Palmer

WINNING CAPTION for November (See page 15 for this month's cartoon) Send caption ideas to [kattr@islandtimes.org](mailto:kattr@islandtimes.org)



Yes, I'm pretty sure that's where you light it - Ronda Dale, Peaks Island



# Star Gazing



Illustration by Jamie Hogan

## December 2011 Sky

BY MIKE RICHARDS

December meant "Tenth Month" to the ancients, but it means maximum darkness to us on Earth's northern hemisphere. The North Pole now tips 23.5° directly away from the sun, which stays low in the sky even at noon and gives us just a sideways glance for a few hours each day. Around 5,000 years ago Druids on the now-British Isles formed stones in a circle to identify - and glorify - the day the "sun stopped" going south and headed back north again. The Earth has now reached its maximum orbital velocity around the sun.

### STARS

The winter constellations rise at sunset now and set at dawn. In the early evening, Orion and Gemini lie prone on the eastern horizon. Above them is the V-shaped *Hyades* asterism outlining Taurus's head, with red-giant star *Aldebaran* serving as his angry eye, defending the Pleiades "Seven Sisters" star cluster above. Further north is yellow *Capella* in the cap of Auriga the Charioteer. Almost overhead is the Great Square of Pegasus, whose legs and neck now overarch half the night sky. Just setting in the west are the Northern Cross in Cygnus the Swan, with its side kick *Vega*, sparkling-blue-white star in Lyra to the northwest. The Big Dipper is resting low on the northern horizon, and white *Formalhaut* in Pisces Austrinus peaks above the southern horizon. At zenith, straight overhead, floats the Andromeda Galaxy.

### PLANETS

This month the planets put on a show for free. Just before dawn, speedy *Mercury* pops up just above the eastern horizon in Scorpius, but you may need binoculars to see it. Above and right of Mercury, golden *Saturn* is in Virgo and it's now angling its magical rings nicely for us, but Earth will get closer to it over the next few months and views will improve greatly. Ruddy *Mars* is high in the South in Leo, growing brighter over time, though even now telescopes show dark patches on the Martian surface and a white polar cap on top.

NASA just blasted off another Martian land rover which will land in Mars' Gale Crater next August. Prior rovers were small as lawnmowers and were solar-powered. This one's the size of a Jeep and is nuclear powered. It's too big for the old air bag landing system, so instead it will (they hope) glide through the thin Martian atmosphere inside a flying saucer, which will pop a chute, drop a lander firing retro-rockets, use cables to lower the rover the last few feet and then fly off to the side and crash.

Just after sunset, brilliant *Venus* is low in the southwest, rising higher each night, and mighty *Jupiter* is high in the southeast (getting off the 4:30 boat to Peaks, look up above Welch Street). *Uranus* is in Pisces and *Neptune* is in Aquarius, still readily available for viewing, if you have a chart.

### ALMANAC

Dec. 2- First-quarter moon is high at sunset, signaling the best week for

telescopic or binocular exploration of the moon's craters, mountains and rills. Look right along the "terminator line" separating light from dark, where shadows are long and contrast is high. It creeps slowly across the lunar surface, illuminating new features each night.

Dec. 6- Tonight the waxing gibbous moon's at apogee (furthest from Earth), appearing rather small next to Jupiter to its right.

Dec. 10- Full "Long Night" moon sets over the city at 7:02 a.m., just as it ducks into the moon's penumbra (outer shadow). Over the next few hours, the folks way out west can watch a total lunar eclipse. Full moon rises again behind the bay at 4:15 p.m.

Dec. 13 - Geminid Meteor Shower peaks tonight, but the waning gibbous moon is also in Gemini, so its light will wash out all but the brightest meteors.

Dec. 14- Tycho Brahe was born this day in 1546. From his Danish island observatory, Tycho meticulously plotted the planets' positions in the sky, but he needed German wiz Johannes Kepler to do the math.

Dec. 17- Last-quarter moon is high at sunrise. Wright Brothers' first powered flight was this day in 1903.

Dec. 20- A waning crescent moon hangs below Saturn in the southeast before dawn.

Dec. 22- Winter Solstice at 12:30 a.m., and the moon's at perigee (closest to Earth). This is the longest night of the year, just over 15 hours, leaving us fewer than 9 hours of sunlight. If you're on the pre-dawn boat to town this morning, look back over Peaks and see a long, thin crescent moon with Mercury to the left. Tides will build over the next few days, with 12.8' feet of water separating high from low.

Dec. 24- New moon means dark skies at night, time to hunt for other galaxies hidden behind the stars in our own. Andromeda Galaxy is easiest to find: use Cassiopeia's deep V as the arrowhead pointing you toward Pegasus's hind knees. It will be easier to find in the future, as it's headed toward the Milky Way toward an eventual conjunction.

Dec. 25- Radical Rabbi Jesus of Nazareth's birthday is celebrated today, happily joined to the ancient pagan solstice celebration, Saturnalia, by Roman Emperor Constantine in 336 AD, with all its feasting, drinking, visiting, gifting, evergreens, lights and music. Isaac Newton was born this day in 1642, famous for his laws of motion, for the calculus he invented to predict them, and for his then-heretical theory of the mysterious and "invisible power" of gravitational attraction.

Dec. 26- On the 4:30 p.m. boat home tonight? Take a look at the sunset, as a thin waxing crescent moon points to Venus.

Dec. 27- Johannes Kepler was born this day in 1571. After reviewing Tycho's notebook, he calculated that planets' orbits aren't round but are elliptical; they revolve not around the center of the ellipse, but around a point on the ellipse's short side; and their orbital speeds aren't constant, but are variable, increasing along the short end of the ellipse and decreasing on the long end.

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# LIVING OFF THE GRID - Perspectives from Peaks Islander Rick Caron

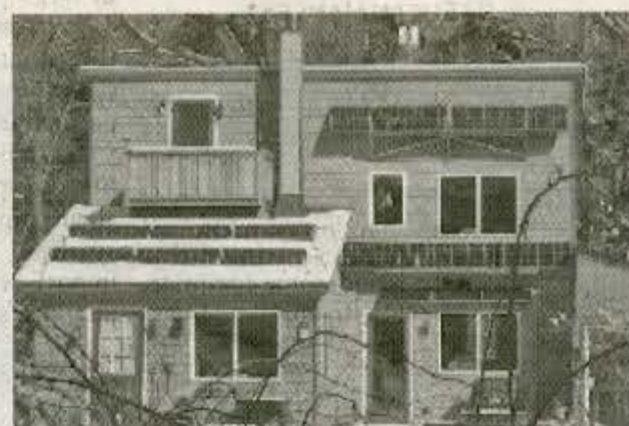
Second article in a series: The shin bone's connected to the ankle bone

by RWingfield

Rick Caron, native of Brunswick, Maine and Peaks Island resident since 1969, built a house on his land on Peaks in 1998 and decided at that time to go "off the grid"; in other words, he generates all of his own electricity - 95% of it via solar panels - and stores it in banks of 12-volt batteries in his basement.

Rick installed his solar electricity-generating system himself. He is not a Luddite and in fact particularly loves electricity and the benefits it can bring a household. He is not much interested in the politics of living off the grid nor is he primarily motivated by the 'going green' aspect of it.

The first article, subtitled 'It's All About Consumption,' ran in the September 2011 issue and focused on why Rick chose to live off the grid, and on the importance of getting a handle on energy consumption. It also touched on related topics such as light bulbs, solar heating and efficient appliances. In this second article we learn the basics of How It Works and details of Rick's system, including ball park costs.



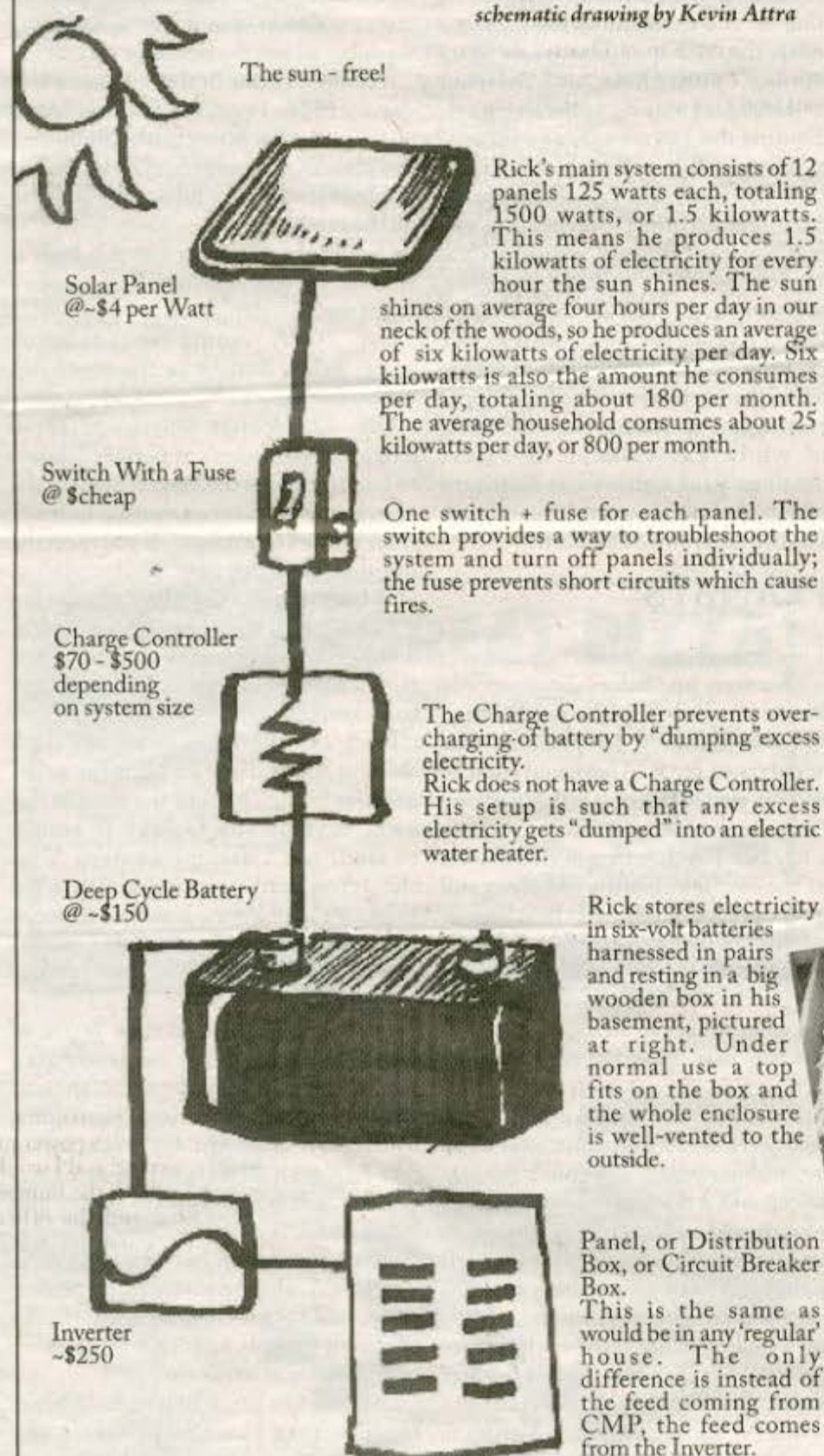
Rick's home on Peaks Island, a wintertime shot showing his solar panels and south-facing exposure.

photo courtesy of Rick Caron

**BASICS OF HOW IT WORKS:** The sun shines on the solar panel, the solar panel converts the light into electricity, the electricity is transported to the battery where it is stored, the battery is connected to an inverter which converts DC to AC, the inverter feeds your regular house panel.

## COMPONENTS & BALL PARK COSTS

schematic drawing by Kevin Attra



Many-stranded copper wire, of varying gauges (size/thickness), connects all components. \$pricy

Estimated total cost of all copper wiring for Rick's main system ~\$500

*"You can expect to invest from \$10,000 - \$12,000 to set up a basic off-the-grid system, recoverable if you consume less."*  
- R. Caron

*How does the solar panel make electricity from the sun?*

The solar panel responds to light, not heat, and that's something that people make a big mistake about. The panels actually work better when they're cold or cool. So even on a cloudy day you're getting some output.

And for whatever reason, the silicon crystals in the photovoltaic cell make electricity.

*Then you have a #12 many-stranded copper wire going from your photovoltaic cell, through the wall and running down to the switch, which is also called a 'DC disconnect'?*

Yes you can call it a disconnect. And everything should have a fuse.

*Another wire then goes from the switch with the fuse to the battery?*

Well, it does. But if you don't know how to balance the load it's also a good idea to put what's called a 'charge controller' in it. And that prevents over-charging of the batteries. If you get one of those you size it to whatever your panel size is. Like they have some for 300-watt systems, and they have some for 1,000-watt systems.

All a charge controller is is a way to balance the amount you use. You can't put more [electricity] in than your batteries can take out or you'll 'bloat' them, just like you would your stomach if you ate too much at once. You can either charge control it by buying a charge controller, or you can do it by controlling how much you use.

*Instead of having a charge controller, you divert the excess electricity that you produce into an electric water heater?*

Dumping excess electricity from the solar panels into a water pre-heater is just one way to 'dump' electricity. You could have an electric merry-go-round out in the yard if you wanted to. It doesn't matter how you get rid of it.

*Is there a wire that takes this excess to the water heater?*

No, the water heater runs off the panel just like everything else; it runs off the house power.

*So then the charge controller is connected to the pair of six-volt batteries. There's no getting around having to mess with big heavy batteries?*

The battery is a big stabilizer in this picture. The panel puts out all kinds of voltages; it's all over the place. But the battery being a stable 12 volts, it equalizes everything. You would kill your

appliances if you tried to run them off of that varying voltage. So you really - you can't not have a battery unless you find some other way to stabilize the power.

*Then from the battery to the inverter?*

From the battery you put really really heavy cables to the inverter - like jumper cables for a car. Heavy cables.

*Why it is important to use stranded copper wire for all of these hook-ups?*

It's about surface area, which would be sort of similar to lanes on a highway. If you had a really great high-speed highway but only one lane each direction, it would bog down because somebody's going to go slow, right? 'Give me more lanes, let me go through', right? Electrons revolve around the outer part of a wire. They're like little cars, and so the more lanes - the more strands, the better.

And gauges work backwards, like a sixteen is a pretty decent wire but a #10 is way bigger than a sixteen and a #4 is way bigger than a ten.

*So you get the biggest wire, the lowest gauge of stranded copper wire you can afford?*

There's also the practicality of running it. I have an individual wire for each panel. You couldn't run, like, big, big cable. First of all I'd have to sell the house to pay for it; copper is very expensive. And secondly it would just take up too much room.

*Okay, so we've run heavy wire from the battery to the inverter. Then the inverter makes it go from DC to AC?*

Twelve volts DC to 120 AC. You can then power everything that you normally power in your house only doing it from the inverter instead of the power company.

*The inverter hooks directly into the panel?*

The same place that Central Maine Power would connect to. In other words, if you bought this house tomorrow from me, and you said, 'I hate this solar crap, I don't have time for this,' you could call CMP, they would run a wire, disconnect the inverter and connect theirs in, and in an hour it would all be switched over.

*Your outlets and everything, they're the same as mine then?*

My outlets are normal like anybody's. All of the safety features remain in the house; it's just like any other house. It has circuit breakers, it has ground fault detectors, it has smoke alarms, et cetera. You don't want to build a peculiar house that only runs on solar power. You'd never sell it for one thing; it would be too odd. And it may not even pass code anyway, I'm not sure about that.

It doesn't matter where you get the electricity, it just matters that you have it. My inverter ends up being like a whole house safety GFCI device. I don't know why it knows when something's wrong and when it isn't. Like it'll let me consume all I want, but it won't let me arc it. The biggest source of house fires is from arcing electricity. I wish everyone could have such a thing even without

please see CARON, next page



## It's a Living

Islanders at work on and off the island

BY SUSAN HANLEY

"Pleasure in the job puts perfection in the work." - Aristotle

Americans are an industrious lot, and Peaks Islanders are no exception. Some of us work on the island, some commute. Some of us have one job, some have three. Some of us have part time professions, some of us have full-time passions. But all of us are busy. Busy. Busy. Busy. Busy figuring out a host of inventive, resourceful ways to earn a living while enjoying island living.

This month:

**Holly Hurd-Forsyth**

Registrar, Maine Historical Society



photo by Eric Eaton

Lost mittens? Misplaced cell phones? Dropped notebooks? You think keeping track of your stuff is hard? Most days you'll find Holly Hurd-Forsyth rattling around in the basement of the Maine Historical Society, overseeing the storage and preservation of more than 17,000 rare and valuable objects — the culmination of almost 200 years of collecting — able to retrieve any one of them at any time. THAT's keeping track of stuff.

But she's not rummaging through piles of dust-covered artifacts — now where did those 18th century gloves go? — and

she's definitely not bored. It turns out that there's a lot going on behind the scenes at the Maine Historical Society, in large part because it belongs to a cooperative network of museums across the country determined to share and share alike. Holly's job is part historian, part organizer-extraordinaire, and part jack-of-all-trades; every day is different. She can speak with surprising expertise about shipping containers, fire sprinkler systems, insurance riders, Canada's import-export restrictions ... and that's just what's on this week's docket.

*S.H. What does a museum registrar do?*

H.H.F. At the Maine Historical Society I keep track of the library and museum collections. I accession all incoming materials, I thank the donor, I assign it a unique number, photograph it, create a collections record for it, find a permanent place for it in storage, and keep track of where that object is at all times — if it goes out on loan, if it goes to a conservator, if it's in an exhibit, if it's being pulled out for research. I have to know where all the objects are at all times.

*So the Maine Historical Society collection can be loaned out to other museums?*

That's actually a big part of my job, working with other museums. When they want to borrow things from our collections, there's a whole procedure we follow in order to move the objects to their institutions.

*How do other institutions know what you have to offer?*

We use a collections management software program called Past Perfect which is available from our website.

There are abbreviated records of our entire collection online that anyone can look at on the internet.

*Can you describe the process for loaning something out of the collection?*

The other curator or registrar from the other institution contacts the curator or myself at the historical society and submits a list of items they want to borrow. If they're nearby I invite them to come look at the material but often I work with people who are so far away that we do everything by email.

I have to physically look at the objects and make sure they are in condition to travel and check the exhibition schedule to be sure we don't need them for an upcoming exhibition at the historical society.

Once it's cleared to travel, I ask the borrowing institution for their facilities report — it's a 26 page report about the facility, the insurance, the transportation, the exhibition details — just to assure safe passage and destination for our objects. Large museums can send it to me right away but the smaller institutions are just overwhelmed with the facilities report — "you're kidding me, 26 pages?" I help walk them through it, and they understand we need to insure that our objects are safe.

*So once the loan is approved, do you pack up the object and take it to the post office?*

We don't use the post office. It's handled on a case-by-case basis. Sometimes it's really straight forward. If we're loaning a painting to the Portland Museum of Art they send their art handler, we blanket wrap it, wrap it in cardboard, we sign the tracking forms, it goes in the back of their van and five minutes later it's in their institution.

Right now I'm working on a loan to Canada, which is complicated by customs and border controls. Then it has to be crated and shipped. We use professional art shippers for that.

The other institution pays all the expenses. We don't charge them for the loan but the agreement is that they cover our costs, which sometimes includes getting it formally appraised for insurance purposes, getting the object condition-reported by conservators, or even repaired by conservators to stabilize the object so it can travel. The borrowing institution has to pay for all that, and we negotiate it in advance.

*It seems like loaning out the objects is a lot of work. Why do museums do it?*

Museums and historical societies are public stewards — we're just holding all this material for the public. The Maine Historical Society owns these things but we ask ourselves "Why are we doing this?" We're not holding it for ourselves, we're holding it so that other people can find it and use it and learn from it. It's important for our patrons to come in and look at the materials but we also like to get them out into other institutions.

*What are some of the gems of the Maine Historical Society collection?*

We have one of only 26 original Dunlap broadsides of the Declaration of Independence that are known to exist. It was printed on the evening of July 4 to 5, 1776, and as you can imagine, it's very valuable. We also have the Molly Ockett purse, an important, very rare, Native American 18th century textile, which is currently out on loan to the Maine State Museum. This object has been on loan a lot. It's coming back from the Maine State Museum this month so we'll give it a chance to rest.

*What if I have something that I want to donate to the Maine Historical Society?*

Well, you could either contact me or the curator. First we would check to see if it is an object we need, and doesn't duplicate what is already in our collections. Our storage space is limited so we can't keep everything. We'd talk to you about the object's provenance, what you know about it, and how it's relevant to Maine History. Then we'd ask you to come in so we can examine the piece, and go from there.

*What if I changed my mind and wanted to get it back?*

Once you donate an object to the historical society — or any museum — and the paperwork is signed, it's very difficult to reverse the legal process, unless there was some special circumstance, like you weren't the legal owner to begin with.

*Why did you become a museum registrar?*

When I was a kid, my mom took me to lots of museums and I loved it. So I studied archeology in college and then, when I understood more about archeology, I realized I was more interested in the objects and their history. I got my Masters in Museum Studies with an emphasis in collections management. It's something I do because I love working with historical objects and discovering the story behind each one of them. It's a lifelong interest of mine. Lucky for me I can get paid to do something I really enjoy.

*Susan Hanley has been trying to figure out what to do for work ever since the arrival of her third child put her blossoming career as a world-famous photolithography engineer on hold. Inexplicably, her interests in textiles, needlework, writing, history and all things French have coalesced into her current job as a PR consultant. It's a living.*

## CARON, from previous page

having to go off the grid.

*What level of expertise do you need to install a solar system like yours? Does the average electrician know how to do this?*

There are solar installers specifically trained to do that. I would say go by someone that's recommended to you, or go by someone you trust.

You could do it. It doesn't mean you should climb on the roof and mount the panels — somebody else can do that. But you can oversee it at least. Or lay down the big bucks and have somebody do it.

*Can you get all this equipment and wires, etc. from, like, Ace Hardware?*

Well you can get some of it at Ace Hardware. I got mine from many places, but it's all pretty much mail-order. All my panels came from California. Now you have installers in Saco and Biddeford that are doing solar stuff in Maine. So it is becoming local, but the panels aren't made in Maine that I know of.

*You mentioned that we're still using old technology with lead-acid batteries.*

It is a weak link in the chain but there is no choice right now other than to connect to the power company, and in my case that would defeat the purpose. I didn't want to connect to the power company; that's kind of why I set the system up. But I want electricity.

Storing electricity — it's almost like storing food. It's very very difficult. And you lose what you don't use.

*And there are no other ways? There's no one that we know of with a different idea of how to store, how to 'hold' electricity?*

It would be remarkable because there have been geniuses before us who have tried and it hasn't happened. It would be like trying to store Texas heat in the summer to bring it to Maine in the winter and vice versa. If you figured that out you'd be rich.

The real essence of what we're talking about right from the start isn't, 'How can we get more, get more, store more'; it's 'Use less'. It's pretty simple.

Part of it also is the independence, part of it is the fun. You know, it's like firewood. You see it out there and you

know that no matter what OPEC does with oil you're still going to have heat. Well I'm pretty sure that the sun's gonna shine every day, or on average, for a long time, unless there's something that I'm not aware of that's going to happen in which case none of it will matter anyway.

*As far as maintenance, the average person can go away and not worry too much about their house. Can you do that?*

Not worry about what, their house getting robbed or burning?

I mean worry about the batteries overcharging, or running out of electricity if there are many cloudy days in a row, or snow covering the solar panels, etc.

What you're asking me is a funny question because it's like somebody said, 'If I win the lottery I won't have to worry anymore'. If you win the lottery you won't have to worry about running out of money right away. It doesn't mean you won't have to worry. And you may have all kinds of new worries.

But you did ask a valid question. If I went away and nobody was living here, but I wanted to leave the refrigerator

running and some night lights, I would determine how much power my batteries are going to need and I would balance that by switching the number of panels I need on, and the others off. Otherwise my batteries would overcharge, because I am the charge controller here.

*That requires a little more knowledge than the average person might have?*

You'd actually have to think about it before you left. People — somehow people have an aversion to thinking, because they want everything to be so care-free in this really rapid 'Wow, look at how much fun I'm having' kind of lifestyle. And in reality it's just a pile of frustration. They don't know whether they're coming or going, because when you don't think about one thing, you don't think about anything else. And then they fly out the door and they forgot the cell phone charger, and on and on. I think it's a crazy kind of lifestyle, personally.

So having to think about something like that to me is utter simplicity.



# From the FIFTH MAINE

## *The Soldier's Life*

BY KIM MACISAAC  
FIFTH MAINE MUSEUM CURATOR



Walking by Lincoln Park and the Occupy Maine folks who are preparing to spend the winter there camping out reminded me of the wintertime challenges our troops faced during the Civil War, especially in the upper south and mid-west: no warm barracks, no heat in tents, not enough food to eat, no "comfort castles" that could be hauled away and replaced with clean ones. How did they deal with the cold, lack of food, and boredom?

Most of the fighting during the war

took place during the warmer months. The majority of the troops remained in camp during the winter. Some were lucky enough to get a furlough to visit family at home. Others were issued passes to spend a few days in Washington, where Fifth Maine Adjutant George Bicknell walked right into the White House and was warmly greeted by Abraham Lincoln.

Officers usually commandeered an existing home for use as their quarters. Often their wives came to visit. The

rank and file weren't so fortunate. They were responsible for erecting their own shelters within the confines of the camp. Trees were felled, crude log cabins hastily built. Bricks and stones were gathered to build fireplaces to burn whatever wood could be scavenged for heat. Those unable to find building materials settled for small tents where as many as 10 men slept side by side, relying on body heat for warmth.

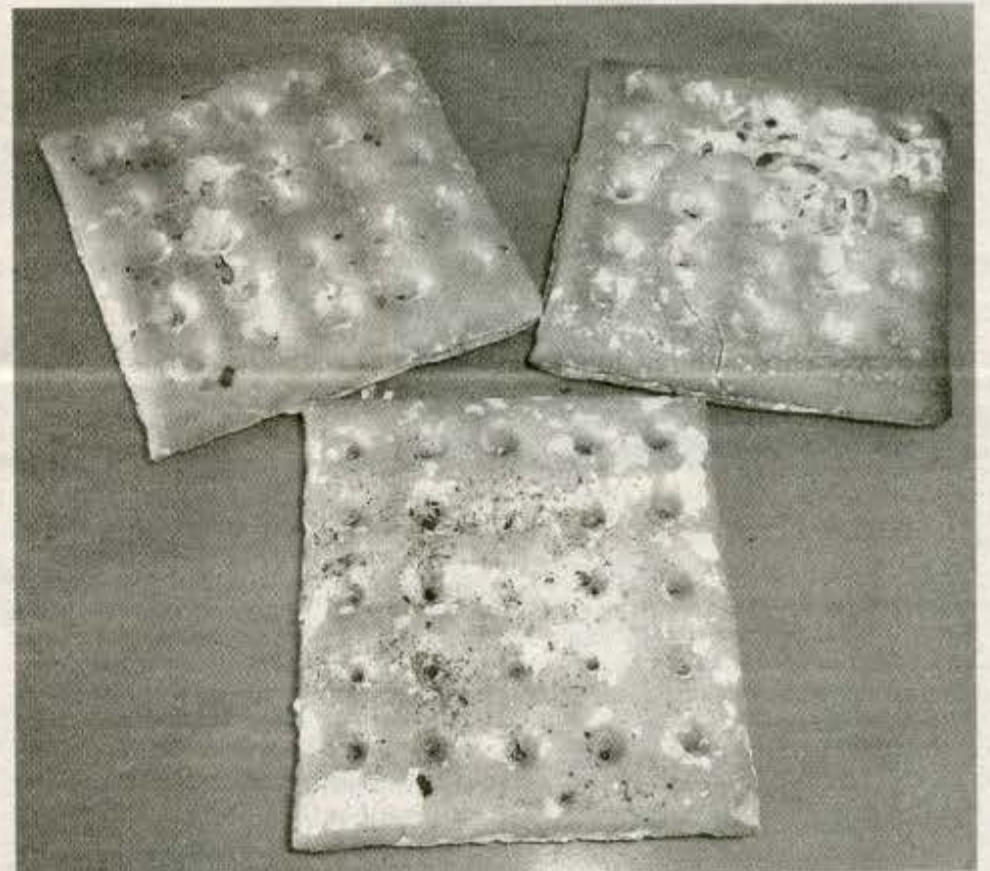
Rations were scarce. Men had to forage for food (i.e., buy or steal food from local people). Coffee was often made from chicory. Army-issued hardtack was standard fare.

The army simply was not prepared to supply food and other much needed items for the vast number of troops, so the women at home established organizations like the Sanitary Commission and Home Camp Association. They put up jams, jellies and vegetables, churned butter, baked cookies and crackers. Oftentimes they were able to procure canned lobster meat, clams and meat. They also sewed pajamas, knit wool socks, wove

woolen blankets, and gathered medical supplies. All this in addition to running the family farm or business and tending to their children and elders. Thousands of women traveled south to distribute these necessary supplies in army camps and hospitals.

Boredom during the lull in fighting was a big problem. Soldiers spent hours playing cards, checkers and baseball. Some kept diaries. To the chagrin of the Temperance ladies and Portland's Neil Dow (a.k.a., the Father of Prohibition and Colonel of the 13th Maine Regiment), many soldiers spent a lot of time drinking in saloons set up next to army camps by civilian entrepreneurs eager to relieve soldiers of their meager pay. Too much of the latter sometimes led to fights and petty crime.

So the soldier's life was one of hardship, sacrifice, illness and too often death. Let's hope our contemporaries fare better during this coming winter.



ABOVE: Pieces of U.S. Army Hardtack. This tasteless treat was made of flour and water baked so hard that it had to be soaked in liquid to soften it enough to bite into. A recipe found in an old cookbook states that "the crackers should be hard as bricks and indestructibly unappetizing and might last until the Lord returns."

Courtesy of the Fifth Maine

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# Recipes & Ramblings



Elizabeth Fraser of Girl Gone Raw (sporting the zebra apron) and Sheila Reiser (curious columnist) after enjoying a raw foods feast.

image by Sheila Reiser

BY SHEILA REISER

Six of us gathered on a chilly, drizzly November night in Portland, on The Hill, and eyed the kitchen table with anticipation. The event: my first-ever cooking class. The meal: a four-course holiday feast. The catch: none of the food was actually cooked. The venue was the studio and kitchen of local raw foods guru Elizabeth Fraser. A year and a half ago, Liz turned her passion for raw foods into a business, Girl Gone Raw. She offers cooking classes and personal coaching programs to help people eat better. And by better, I don't just mean nutritionally; every dish that comes out of Liz's kitchen is exquisitely delicious.

Before coming to class, my only prior experience with raw foods was

eating at a restaurant on a trip last spring to visit a friend in Salt Lake City, Utah. Carl chose Omar's Rawtopia because he thought I'd really enjoy it (bull's eye!), but when we got there, he eyed the menu skeptically. "Pizza" made from flax, sprouted buckwheat, apples and nut/seed cheese? My kudos to Carl for sticking it out, and it turned out we both thought our meals were delicious. So good, in fact, that I returned again a few days later to sample some of the other offerings.

So I had high hopes for Liz's class, and I was not disappointed. The menu included a zingy raw cocktail, sweet carrot soup with cranberry drizzle, pomegranate pear salad with lemon-garlic dressing, "free-range" nut loaf with sun-dried tomato gravy, stuffing, "rawtée" kale, cranberry-orange relish, and pumpkin pie with vanilla ice cream.

As we got comfortable in the kitchen, Liz explained that the cornerstone of raw foods "cooking" is that nothing is heated above 117° F. This is the level at which the enzymes that are naturally present in food start to be deactivated.

A quick chemistry review for those of us who may have forgotten: An enzyme is a specialized type of protein produced in cells that acts as a

catalyst for chemical changes. Enzymes in our bodies perform all sorts of essential functions, from maintaining our immune systems to neutralizing toxins to helping us form thoughts. Enzymes are especially important in the process of digestion. Our digestive systems produce enzymes that allow us to break down and utilize the nutrients in our foods; the enzymes present in the foods themselves help in the process. So, the theory goes that if all the food you eat is cooked, your body has to work harder to digest it.

Certainly our ancestors' diets, the historical diets of peoples all over the globe, included large amounts of raw foods. I have read that none of these consisted entirely of raw foods, but it does make sense to me that our bodies evolved slowly over thousands of years to eat the foods that were readily available on the landscape. Not surprisingly, raw diets have been proven to have a number of health benefits, from weight loss to increased energy to having a huge impact on diet-related diseases like obesity, diabetes, and others.

But out of the classroom and back to the kitchen. Some raw foodies extend their diet guidelines to eating raw (unpasteurized) dairy products or even certain meats, but Liz sticks to vegetables, fruits, nuts, and seeds. The tools of the trade are a bit specialized, but not having to cook anything definitely adds its own simplicity. A food processor grinds and chops; a Vitamix - a special high performance blender - purees just about anything you put in there; and a dehydrator simply removes the moisture from food by maintaining a constant low heat while a small fan exhausts the moisture.

As she explained the basics, Liz set to work. A few things were prepared beforehand (the ice cream which had to chill in the freezer, and nut loaf that had to spend five hours in the dehydrator). The rest of the meal was prepared in about an hour - impressive considering this was a four-course meal for eight people! (Grandmothers all over the world shake their heads in disbelief.)

We worked through the menu, dicing, Vitamixing, stirring and sampling. The atmosphere was festive and I learned some fun new ingredients, like coconut oil which is solid at room temperature and liquid when warmed slightly. It is important for the texture it adds to the foods, and helped our pumpkin pie to 'gel'. The last item to be made was the soup. We heated the water to a precise temperature and immediately blended it in with the other ingredients to be served first while still warm.

At the end of the hour, we all moved into the dining room where the vibrant colors of the food vied only with those in the paintings on the walls. (Liz is also an artist who paints with oils, and her kitchen is integrated into her studio space.) We all dug in. The unique combinations of ingredients (raw squash with coconut oil in the pie; dates, scallion, and sun-dried tomatoes combined in the nut loaf) yielded surprising results. Tastes and textures ranged from sweet and creamy to savory and hearty. Every dish was delicious, and, to my surprise, I walked away feeling totally satiated.

If you want the full scoop, you'll

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## Maine Seasonal Food Guide NOVEMBER-DECEMBER



What's in Season  
Resources for Eating  
Local Foods in Winter  
Seasonal Recipes  
Root Cellars

### NOVEMBER-DECEMBER What's in Season

Apples  
Pears  
Dry Beans  
Beets  
Brussels sprouts  
Cabbage  
Carrots  
Celeriac  
Late season greens, such as kale and spinach\*  
Kohlrabi  
Leeks  
Onions  
Parsnips  
Potatoes  
Radishes  
Rutabaga  
Sweet potatoes  
Turnips  
Winter squash  
Garlic

\* By this time of year, most Maine produce available for sale is coming from cold storage. However, a few Maine farmers do grow vegetables in heated greenhouses through the winter, and even more open frost tolerant crops in unheated structures to extend the season. You may be pleasantly surprised to find a good selection of greens at the winter farmers' markets well into December.

have to take a class on your own, but with Liz's permission I'll share with you a recipe for stuffing. The only gadget you need to prepare this is a food processor or other way to finely chop or grind the nuts and seeds.

### Liz's Stuffing:

- 1/2 c sunflower seeds
- 1/2 c walnuts
- 1/2 c pecans
- 3-4 stalks celery, minced
- 3-4 scallions, minced
- 1 c fresh cranberries, halved
- 1/2 c raisins
- 2 medium apples, diced
- juice from one orange
- 2-3 tbsp maple syrup, agave, or honey
- 1 tsp sea salt
- 2 tsp rosemary
- 2 tsp thyme
- 2 tsp parsley

Chop nuts in a food processor until a chunky flour forms. Place in a large bowl and toss with remaining ingredients. Serve as-is or warm slightly (in a dehydrator if you want to make sure you're keeping it technically raw). Serves eight.

As with most things in life, I am in favor of a nice balance, and I am definitely in favor of good food. So, though I'm not quite ready to go out and buy a dehydrator, I look forward to incorporating some raw foods into my diet. I tried this one out on Thanksgiving Day and took a quadruple recipe to the Occupy Maine camp, where it got rave reviews from the Occupiers and visitors who tasted it, and also from my friend Jeremy whose mainland kitchen I borrowed for the endeavor.

Girl Gone Raw classes range in price from \$15 to \$125. For more info, you can contact Elizabeth Fraser at 650-3437 or check out [GirlGoneRaw.com](http://GirlGoneRaw.com). Liz's next project is a raw foods cookbook for kids, which she is co-authoring with Maggie Knowles. For Sheila's next project, tune in next month!

Sheila is an adventurer, an artist, a pretty good cook and a haphazard gardener. She has lived down front on Peaks Island for two years. Contact her with your ideas, comments and questions at [out2cthec@hotmail.com](mailto:out2cthec@hotmail.com) or call her cell phone (503) 440-0871. Or you can just knock on her door and introduce yourself.



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# COMMUNITY NOTES

**The Gem Gallery** The Gem Gallery, located on Island Avenue on Peaks Island, is an artist/craftsperson cooperative of over 25 individuals in media of painting, drawing, sculpture, pottery, jewelry, photography, printmaking, assemblage, fiber arts and writing. Please call 766-5600 for more information.

**Dodwell Gallery** *HORIZON LINES AND SPIRALS*, a new solo show by Nancy Clark of Turner, Maine, on display thru Jan. 1. As the temps chill the soft pastels will warm your soul. Sunrise and sunset, linear scenes and circular moonscapes keep your eye involved around and throughout the gallery. Artist reception Saturday Dec. 17 from 1pm to 3pm. The Dodwell Gallery is located at the Long Island Learning Center on Gorham Avenue, Long Island, hours follow the library schedule (766-2530, <http://Library.Long-island.Lib.me.us>). Curator Maggie Carle [artsprints@myfairpoint.net](mailto:artsprints@myfairpoint.net) or 766-2940.

**Addison Woolley Gallery** *VANISHING ACTS* by artist Jane Banquer, and *MY CHICAGO* by photographer Diane Hudson, with opening reception Friday, Dec. 2 from 5pm to 8pm. Show runs thru Dec. 22. Dedicated to the art of photography, the Addison Woolley Gallery features works by local artists as well as nationally and internationally recognized photographers, located at 132 Washington Avenue (at the corner of Fox St.), Portland. (207) 450-8499, [www.addisonwoolley.com](http://www.addisonwoolley.com). Gallery Hours: Wednesday thru Saturday, Noon to 5 pm. Curator Susan Porter.

**Richard Boyd Gallery** *GROUP EXHIBIT* showcasing work by gallery artists Jeanne O'Toole Hayman and Jay LaBrie, glass blower Keith Weiskamp and potters Rick Boyd and Pamela Williamson. Show opens Friday, Dec. 2 and runs thru Dec. 31. The Richard Boyd Art Gallery is located on Peaks Island at the corners of Island Avenue and Epps Street. The gallery exhibits unique ceramic art, pottery, blown glass and paintings by established and up and coming artists. An art studio producing handmade, one-of-a-kind art with a focus on ceramic art and pottery is located on the second floor. The gallery's winter hours are 10am thru 4pm weekends, 4pm to 8pm first Friday and weekdays, by chance or appointment. The gallery is closed Dec. 25. For more information please contact Pamela via phone at 207-712-1097, email [williamson955@aol.com](mailto:williamson955@aol.com), or visit [www.richardboydpottery.com](http://www.richardboydpottery.com).

**The Fifth Maine** The Fifth Maine is a non-profit museum and cultural center housed in the 1888 Fifth Maine Regiment Memorial Hall, dedicated to the preservation of Civil War and local history. Membership is open to the public. The museum is currently closed for the season. For more information please contact Kimberly MacIsaac at [fifthmaine@juno.com](mailto:fifthmaine@juno.com) or call 207-766-3330.

**The Eighth Maine** The Eighth Maine is a living museum and lodge built in 1891 as a summer retreat for the Civil War veterans. It features 12 rooms for overnight guests and history filled, guided tours daily from 11am until 4pm during summer season. Visit [www.8thMaine.org](http://www.8thMaine.org) for more info or to make reservations.

**Brackett Church** 9 Church Street, Peaks Island. Pastor: Rev. Desi Larson, 766-5013 [www.brackettmusic.org](http://www.brackettmusic.org); **Sunday Worship** 10 a.m., with childcare and followed by coffee fellowship. **Children's Choir** some Mondays, 2:45-3:15 p.m. Contact Mavourneen Thompson for specifics 899 1471. **Scripture Study** Tuesdays, 8:30-10:00 a.m., parsonage. All are welcome! **Prayer Shawl Ministry** Thursdays, 12:30-2:30 p.m., parsonage. All are welcome! For more information, contact Emily Sherwood, 766-5545. **Open Tweens - After School Drop-In** Mondays and Thursdays, 3:30-6:00p.m.. Grades 6 - 8. Hang out with friends + play games + do homework + work on projects + make music and art + eat snacks + get Wi-Fi and computer access + take trips + visit special guests + watch movies + bake cookies + more! **Taizé Prayer Service** Wednesdays, 6:30-7:00 p.m. Prayers, chants, and quiet meditation.



Children stare in fascination at Christmas lights on the tree down front on Peaks Island at last year's tree lighting ceremony. This year's event takes place Saturday Dec. 3.

file photo

## Baptist Church Services

**Sunday Service:** 10 a.m. Bible Study, 11 am Worship. **Wednesday Service:** 7 pm. **Teen Nights** Thursdays at Peaks Island School gym 6 pm to 8 pm.

## St. Christopher's Church

**Saturday Mass** at 4pm. **Sunday Mass** at 10am followed by brunch in the Parish House. Religious education for children meets at Mass with special lessons during the homily and twice a month on Monday afternoons at 4:30 p.m. For more information, contact Ellen Mahoney at 766-2543.

## Peaks Island Library

**Are you E-Ready?** The Peaks Island Branch is planning an E-Reader workshop for islanders who would like some help learning how to download free books from the library catalog, or to see how the E-Reader works. The tentative time and date are Saturday, Jan. 14 at 10am at the library. If you are interested, please let us know if this time and date will work for you. **First Tuesdays Book Discussion** at 7pm in the MacVane Center: Dec. 6, *Tough Island: True Stories from Matinicus, Maine* by Crash Barry, with Rob Tiffany as moderator. The group is planning to meet and discuss the book for a while and then Skype with the author. If the technology works, it should be a lot of fun. Everyone is welcome. Jan. 3, *Thirteen Moons, a Novel* by Charles Frazier. To reserve a library copy, come in, call or email the library. **Give Your Child a Priceless Holiday Present** and it won't break your budget. If they are 5 or older, you can give them a Library Card and a Weekly Visit to the library to see their friends, use the computers and check out books and movies. A number of children have told us how much they would like to come to the library. Why not give them that gift? **Preschool Story Time** Fridays at 10:15am. All island children and visitors are welcome. The Peaks Island Branch Library is located in the MacVane Center, 766-5540, email [peaks@portland.lib.me.us](mailto:peaks@portland.lib.me.us). Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12.

## Portland Recreation on Peaks Island

Denise Macaronas, Recreation Programmer. Contact [dlm@portlandmaine.gov](mailto:dlm@portlandmaine.gov) or leave a message at 766-2970. Denise works just part time on Peaks Island - Mondays, Thursdays and Fridays. Please note: To reserve space and equipment in the community building, you must contact Denise at least two days in advance. You may view the facility schedule on-line ([www.portlandmaine.gov/rec/peaksislanddec.asp](http://www.portlandmaine.gov/rec/peaksislanddec.asp)), but all reservations must be made through Denise. If interested in receiving Portland Recreation's 55+ monthly calendar, please call 874-8870 and leave your name, address and phone number. **ON-GOING EXERCISE PROGRAMS** for ADULTS at the MACVANE CENTER - Sponsored by Portland Recreation ([dlm@portlandmaine.gov](mailto:dlm@portlandmaine.gov) or 766-2970); **WALK PROGRAM** Mondays and Thursdays at 8:30 am

(meet at community building). All are welcome; this is not for "speed-walkers"; **LOW-IMPACT AEROBICS** with weights Mondays and Thursdays 9:30 - 10:30 am (community room); **TABLE TENNIS** for ADULTS Tuesday afternoons 2:00 - 4:00 pm & Wednesday mornings 10:00 am (community room); **ADULT BASKETBALL** Tuesday evenings 6:00 - 8:00 pm at the Peaks Island School Gym. Open to those 18 and above. \$2 per resident/\$3 non-resident.

## 25th annual Holiday Concert

on Sunday, Dec. 11 with two shows at 2:15pm and 7:00pm at the Brackett Memorial United Methodist Church. A family-friendly program of music and spoken word directed by Nancy 3. Hoffman, bringing the old and new together with prize-winning poetry by Helene Swartz and music by whistling virtuoso Barnabas Johnson, singer/songwriter Dave Gagne, the Peaks Island Chorale directed by Faith York, the Maine Squeeze Accordion Ensemble and Casco Bay Tumblers Klezmer Band together for a rollicking Chanukah dance tune and the Uncalled Four in a return guest appearance. Other soloists and special guests round out the program. Cosponsored by the Peaks Island Music Association and the Brackett Memorial United Methodist Church. Requested donation \$5 for adults, \$1 for kids. [Anyone interested in playing in the "Hallelujah Chorus" ensemble, please contact Nancy 3. Hoffman at [3nancy3@gmail.com](mailto:3nancy3@gmail.com) or call 207-939-0301.]

## American Legion Auxiliary HOLIDAY HAT RAFFLE

to support veterans and student scholarships. The hat will be available at the island tree lighting Saturday, Dec. 3, and later at the Cafe and around the island thru Saturday, Dec. 17 when the drawing will take place at the American Legion at 5pm. Note: Previously announced scholarship winners must submit contact information to Beth Childs at 845 Seashore ASAP!! Awards will be distributed during the holiday break.

## 5th annual Swedish St. Lucia Pageant

Sunday, Dec. 4 at 4pm at the Brackett Church. Boys and girls ages 4 and up are welcome to join the little Tomte/Gnomes and Gingerbread Men and we would welcome additional Saint Lucia Attendants from first through 12th grade. If interested, please call Gunnel Larsdotter at 272-2076 as soon as possible, or e-mail [glarsdotter@yahoo.com](mailto:glarsdotter@yahoo.com).

## Children's Workshop

Preschool enrollment for children ages 2 1/2 to 5. Part-day and part-week options available. Infant/toddler Play Group: Fridays from 10:15 am to 11:00 am to meet other parents and children. FREE.

# Classes & Instruction

**Dance Classes** For class schedule and information contact Sharoan at 776-5066 (cell) or by email [sharoana@gmail.com](mailto:sharoana@gmail.com).

**Weight Lifting** classes Mondays and Thursdays, 7:15 am to 8 am or 5 pm to 6 pm \$25 for 12 sessions. Come join us! Contact Rebecca Stephens, [rebecca.stephans@gmail.com](mailto:rebecca.stephans@gmail.com) or Rhonda Berg, [brhonda1@maine.rr.com](mailto:brhonda1@maine.rr.com) FMI.

**Yoga Classes** Weekly classes: Thursday mornings 9:00 - 10:30. Contact Rebecca Stephens 776-5547 or [rebecca.stephans@gmail.com](mailto:rebecca.stephans@gmail.com).

**Ashtanga Yoga Class** Sundays at 4pm in Betsy Stout's Studio. While it can be a vigorous practice, it is always continuously modified for each student. Approximately 75 minutes. First class FREE; \$12 per class thereafter. Questions? Call Antonia 766-2428 or email [antoniamwinter@yahoo.com](mailto:antoniamwinter@yahoo.com).

## Master Gardening Training Course

by the University of Maine Cooperative Extension beginning Feb. 3, 2012. The 2012 training program will feature fruits and vegetables and take place on 16 consecutive Friday afternoons in Falmouth. A Master Gardener is a trained volunteer of the University of Maine Cooperative Extension, receiving approximately 45 hours of practical training in basic horticulture - soil science, botany, entomology, plant diseases, garden problem solving, pruning and more. In lieu of tuition, graduates provide 40 hours of volunteer time over a 12-month period in any community-based project around the county, which include growing and donating food through the Maine Harvest for Hunger program, establishing school and community gardens and other projects. Must be residents of Cumberland County. Applications are available by calling (800) 287-1471, or can be downloaded at: <http://extension.umaine.edu/cumberland/programs/>, or <http://www.ce-mg.org/>. Submission deadline Friday, Dec. 16.

## Community Food Pantry

The Peaks Island Food Pantry is now located at Brackett Memorial Church, open Mondays and Thursdays from 3:30 to 6:00 pm. Our thanks to the Peaks Island Workshop and their staff, who have hosted the food pantry for so many years. If you would like to coordinate food donations, please call Susan Hanley, 766-2735.

## Peaks Island Health Center

87 Central Avenue, Peaks Island, 766-2929/Fax 766-5073. Open Mondays and Wednesdays from 10:15am to 4:15pm. The clinic will be closed on Monday Dec. 26 and Monday Jan. 2. Staff: Sarah Fuhrman, F.N.P.; Mary Grimaldi, Clinical Assistant. The **lab tech** is scheduled for Monday, Dec. 12 from 8:30am to 10:30am. Please welcome Sarah Fuhrman, F.N.P. to the Health Center. Sarah has worked at InterMed in the past and most recently has worked at Mercy Express. She has experience with family practice, coagulation and urgent care. We appreciate everyone's patience and cooperation while we worked through this period of transition. We wish everyone a Happy, Healthy Holiday season! Please call the office and leave a message if you have a non-urgent need. Your call is important to us and will be returned as soon as possible. If you have an emergency, please call 911. If your need is urgent and cannot wait for a call back, please call your primary care provider.



# COMMUNITY EVENTS CALENDAR

## Friday, Dec 2

**OPEN HOUSE: DECORATIONS** for the "LIVING TREE" (PI com. rm.) Drop in anytime between 11:00 am and 3:15 to make ornaments for the island "living tree". Preschool and school children welcome; preschoolers must be accompanied by an adult. There will be plenty of recycled materials to make ornaments for home. Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

## Saturday, Dec 3

**LORETTA VOYER FUND CRAFT FAIR** at the Inn from 9am to 2pm; Peaks Island artists and craftsmen provide hundreds of handmade gifts in support of the Loretta Voyer Fund, which provides car ferry tickets to island residents with cancer. The craft fair is our annual fund raiser, but this year's raffle will benefit the Island Taxi, with donated craft items raffled off by the Island Taxi folks to "keep the wheels rolling." Donations to the Voyer Fund are accepted any time at: The Loretta Voyer Fund, c/o Judy Piawlock, 676 Seashore Avenue, Peaks Island, ME 04108.

**CHRISTMAS TREE LIGHTING** on Peaks Island downfront at the parking lot at 4pm with caroling followed by hot cocoa and cookies at the Peaks Café, refreshments provided by Lisa Lynch. Donations of food items for the Food Pantry are requested.

**UNDER MILK WOOD**, a play by Dylan Thomas originally intended for performance on radio by the famous poet himself; however, he died suddenly and the work was taken up by Richard Burton, Elizabeth Taylor and many others. It is a lyrically funny and insightful look at life in a small village - something islanders will appreciate. The performance will be at the Brackett Memorial Church at 6:30pm to benefit the Community Food Pantry. Admission is by donation of food items or cash.

## Sunday, Dec 4

**ST. CHRISTOPHER'S 2nd ANNUAL CHRISTMAS PARTY** from 1pm to 3pm at Jones' Landing. Everyone is invited to our second annual Christmas party with games for the kids, a gift table to do your shopping (special pricing for the kids), a raffle with great prizes, delicious refreshments, and music by Peter Donnelly. This year we'll be having a Christmas Cookie Contest so dust off your best cookie recipes and win a prize for Biggest Cookie, Cutest Cookie and Most "Christmasy" Cookie. Enter by bringing a dozen cookies to the party. Judging by our special guest from the North Pole. Please join us!

**ST. LUCIA PAGEANT** The fifth annual Swedish celebration of Christmas at 4pm at the Brackett Church. For more info, please call Gunnell Larsdotter at 272-2076 or e-mail [glarsdotter@yahoo.com](mailto:glarsdotter@yahoo.com).

## Monday, Dec 5

**FIRST MONDAY FUN for PRESCHOOLERS** (Peaks Island com. rm.) Drop in between 11:00 am and noon for crafts, music and fun! Children must be accompanied by an adult. Sponsored by Portland Recreation (766-2970 or [dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov)).

**MAKING PEAKS ISLAND'S LONGEST SCARF!** (Peaks Islands com. rm.) Drop in between 12 noon and 2:00 pm to get a sneak preview of what our "longest scarf" looks like! Last-minute scarves will be accepted today. Sponsored by Portland Recreation (766-2970 or [dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov)).

## Tuesday, Dec 6

**ISLAND INSTITUTE FELLOW** planning meeting at the Brackett Church Fellowship Hall at 6pm.

**FIRST TUESDAYS BOOK DISCUSSION** *Tough Island: True Stories from Matineus, Maine* by Crash Barry, at 7pm in the MacVane Center with Rob Tiffany as moderator. The group is planning to meet and discuss the book for a while, then Skype with the author. If the technology works it should be a lot of fun. Everyone is welcome. Jan. 3, *Thirteen Moons*, a Novel by Charles Frazier. To reserve a library copy, come in, call or email the library.

## Thursday, Dec 8

**CELEBRATION FOR PEAKS ISLAND'S LONGEST SCARF** (PI com. rm.) Drop in anytime between 2:45 and 3:30 pm as we admire the beautiful scarves made by islanders and their friends. Last chance to bid on the scarves before they are donated to local charities. Light refreshments will be served. Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

## Friday, Dec 9

**OPEN HOUSE: "AROUND TUIT" WORKSHOP** (PI com. rm.) Drop in between 11:00 am and 2:00 pm for a cup of tea and cookies; bring a project to work on (writing holiday cards, wrapping gifts, etc.). Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

## Saturday, Dec 10

**POT LUCK PARTY** to honor **JOHN & ANGIE KELSO** who have cared for Peaks Island Children for over 30 years and are leaving the Workshop, from 2pm to 5pm at Chuck and Sandi Radis' House, 334 Island Ave, Peaks Island. Bring something yummy to eat and drink and stories of John and Angie over the years. We will have a book with blank pages for people to record their memories of John and Angie at the day care center and workshop. We will also have "photo corners" for people to attach photos of their children (or themselves!) and/or the Kelso's to the book. If you would like to donate money towards a gift please contact us at [stadis@maine-rr.com](mailto:stadis@maine-rr.com) or call 766-5915. If you would like to help with the party please contact us.

## Sunday, Dec 11

**PEAKS ISLAND MUSIC ASSOCIATION HOLIDAY CONCERT** at 2:15pm and 7:00 pm at the Brackett Memorial United Methodist Church. "A Quarter Century of Community" is the theme of this year's 25th annual Holiday Concert and sing-along, sponsored by the Peaks Island Music Association. Island musicians and performers share their talent in this community-wide celebration of the season with the Peaks Island Chorale, Casco Bay Tumblers Klezmer Band, the Maine Squeeze Accordion Ensemble and the Uncalled Four, joining other island performers in this concert of Christmas, Chanukah and seasonal music. \$5 donation, \$1 kids. Contact Nancy J. Hoffman [nancy3@gmail.com](mailto:nancy3@gmail.com) or 939-0301 for information or to play in the "Hallelujah Chorus" orchestra.

## Thursday, Dec 15

**OFF-ISLAND SHOPPING TRIP TO RENYS** Pre-registration required for this special shopping trip to Renys and Dollar Tree Store. Take 12:45 pm boat - van will meet you at CBL. Return time will be either the 4:30 or 5:35 pm boat. Fee is \$3 per person. Sponsored by Portland Recreation (766-2970 or [dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov)).

**MERRY MADNESS** Shop 'til you drop

in downtown Portland from 5pm to 10pm; starts at the Portland Regency Hotel and Spa, 20 Milk Street, with free hors d'oeuvres, raffles and music until 6 pm. Souvenir 2011 Merry Madness wine glasses & mugs available for purchase. Participating stores remain open until 10pm. Shop, eat, and be merry!

## Thursday, Dec 22

**PEAKS ISLAND CHILDREN'S CHRISTMAS PARTY** at 2:30pm at the Peaks Island School. Parents of preschool students should sign up their children to assure they receive a gift. Sign up sheets are at the library, the Peaks Cafe and at Hannigan's. Peaks Island School parents do not need to sign up. Any questions, call Al Bleau at 766-0007.

## Thursday, Dec 29

**BINGO FUN FOR ALL AGES** (PI com. rm.) 10:45 - 11:45 am. Come laugh, have fun and perhaps even win a prize or two! Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

**BOARD GAMES FOR ALL AGES** (PI com. rm.) Drop in between 1:00 and 3:00 pm to play such games as Checkers, Chinese Checkers, Parcheesi and more. Everyone is invited! Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

## Friday, Dec 30

**NEW YEAR'S PARTY** (PI com. rm.) 12:00 noon. See photos of previous activities sponsored by Portland Recreation and help plan programs for 2012. BYO lunch if you'd like - cookies and other desserts will be available. Everyone is invited! Sponsored by Portland Recreation ([dlim@portlandmaine.gov](mailto:dlim@portlandmaine.gov) or 766-2970).

## Peaks Island Food Pantry

The Peaks Island Community Food Pantry is truly a community effort, with donations and support provided by many different individuals and organizations from Peaks Island, including our island churches, the Peaks Island School, and our "food pantry angels." We are now housed in the Brackett Memorial Church Hall and we are open Mondays and Thursdays from 3:30pm until 6pm.

We are extremely grateful for any donations of non-perishable food and toiletry items (no out of date food items, please). Some of the items we particularly need are: spaghetti sauce, canned peas, tuna fish, canned meats, toilet paper, paper towels and single serve microwavable meals. We have a collection box located in the Douglas MacVane Community Center - aka the library - or bring donations directly to the food pantry during business hours.

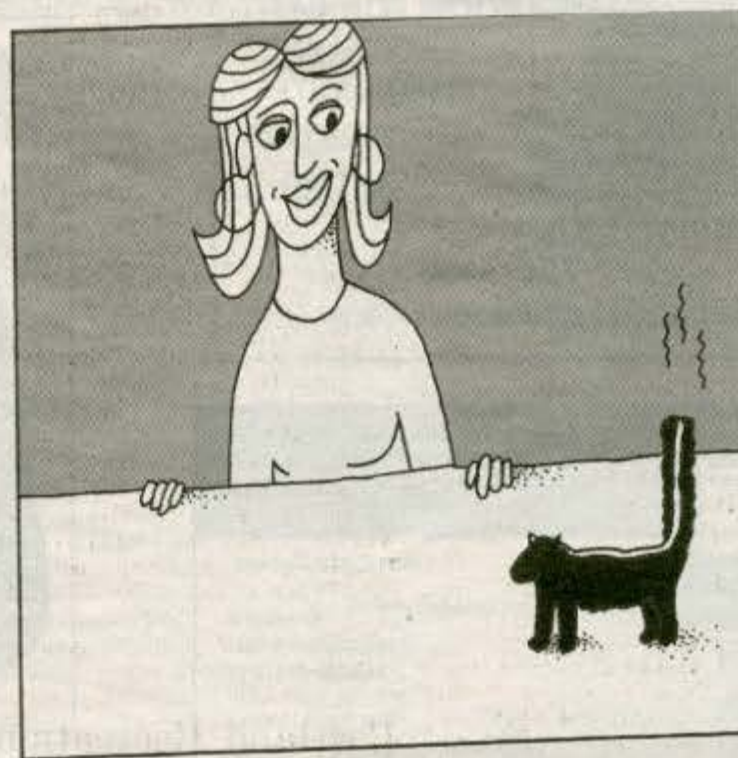
Cash donations are especially helpful as it allows us to provide clients with \$10 Hannigan's vouchers for fresh fruit, vegetables, bakery, dairy and meat items. Please call Susan Hanley, 766-2735, for more information or to arrange donation pickup.

For a wonderful, fun way to support the food pantry, come to the one-night-only production of "Under Milk Wood" written by Dylan Thomas in 1954, intended as a radio play to be performed by the famous poet himself; however, he died suddenly and the work was taken up by Richard Burton, Elizabeth Taylor, and many others. It is a lyrical, funny and insightful look at life in a small village - something islanders will appreciate. The performance will be at the Brackett Memorial Church on Saturday, Dec. 3 at 6:30pm. Admission is by donation to the food pantry, bring either food items or cash. Thanks!

**brio**

by Palmer

**MONTHLY CAPTION CONTEST:** Each month we offer a new BRIO image having no caption so that you can make one up. Below is this month's cartoon. Send your ideas to [kathna@islandtimes.org](mailto:kathna@islandtimes.org) and we'll publish the best. See page 8 for last month's winners.



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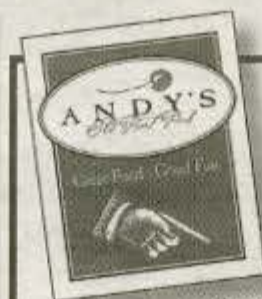
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